Sports pg 12

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## Baby's death investigated by Mounties

**LOWER SACKVILLE** Police are investigating the sudden death of a six-week-old baby yesterday, but don't believe it's suspicious.

Halifax RCMP were contacted by Emergency Health Services just after 9 a.m. to assist at a residence on Seawood Avenue in Lower Sackville regarding the possible death of a six-week-old baby boy.

Upon arrival by officers, the baby was rushed to the IWK Health Centre by ambulance in critical condition with a police escort. Police say the baby was pronounced dead at hospital at 9:51 a.m.

An autopsy will be performed to determine the cause of death, but police say there's nothing to indicate the baby died other than by natural causes.

"We interviewed the parents at the scene and there's no obvious injuries (to the baby)," Staff Sgt. Peter Ferguson said about how police came to this determination.

All sudden deaths are investigated by police.

PHILIP CROUCHER/METRO HALIFAX

## Father's Day **Finish line**



RYAN TAPLIN/METRO HALIFAX

Eric Siegel and his daughter, Anneka, who was celebrating her fifth birthday, run across the finish line yesterday in the annual Father's Day Walk/Run on the Dalhousie campus. Money raised from the event goes to prostate cancer research.

# Grave fees going up?

## Council eyes raising extra funds by boosting costs for cemetery plots

JENNIFER TAPLIN
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**Families hurting from the death of a loved one may hurt a little more financially when paying for the funeral.**

Halifax regional council is looking to increase cemetery fees as a way of boosting revenue to balance the books.

If fee increases are approved at tomorrow night's council meeting, a single grave lot will cost $1,400 instead of $1,100.

Cremation lots that hold up to four cremations are more than doubling in price — up $1,050 from $500. And infant and half lots would be increased as well.

Dartmouth Centre Coun. Gloria McCluskey says the increase amounts to nickel-and-diming. "I don't agree with it," she said in an interview yesterday.

"And the other night we increased the fee for NSF cheques to $40. These are the little people who are having trouble."

She said she'd rather stop out-of-town travel as a way to balance the books.

A staff report, which will be presented tomorrow, suggests HRM cemetery fees are far below market prices.

The most extreme example, a cremation lot with the Catholic Commission, is currently 235 per cent higher than the HRM fee.



**"I know it's going to create hardships for people, especially at a very difficult time, but taxpayers ... have to know we're doing our due diligence as well."**
Coun. Steve Streatch

If approved, the fee changes will take effect July 1. Lot sale increases would mean an extra $50,000 to $60,000 a year for the municipality, but 15 per cent of the proceeds will go to the perpetual care of the lots.

Council needs to look at all revenue streams even sensitive ones like cemetery fees, said Eastern Shore-Musquodoboit Valley Coun. Steve Streatch.

"I think I'm reluctantly going to have to go along with what's being proposed," he said.

"I know it's going to create hardships for people, especially at a very difficult time, but taxpayers who are covering the cost of municipal operations have to know we're doing our due diligence as well."

## Gunshots fired at Dartmouth home

**SHOOTING** Police say two people awoke to find bullet holes in the front window of their Dartmouth home yesterday morning.

Halifax Regional Police believe the actual shooting of the home on Rolieka Drive took place overnight around 2:30 a.m. but the victims apparently slept through the gunfire.

"They weren't awoken by anything," said police spokesman Sgt. Gordon Graham.

Police were actually called about the shooting at 10:30 a.m., and found several shell casings on the roadway in front of the home.

Graham said neighbours heard loud noises around 2:30 a.m., but thought it was only firecrackers.

A late model grey Saturn with tinted black windows and a grey primer on the rear quarter panel was seen in the area when shots were believed to have been fired.

There were no injuries and police have no motive for the shooting.

The gunfire was the second in HRM in four days.

Halifax RCMP are investigating a shooting and stabbing that may have happened as the result of a fight in Cole Harbour.

Police spokesman Cpl. Joe Taplin said a man pulled out a shotgun during a brawl in the Settle Lake area Thursday night.

A short time later police found a 17-year-old boy nearby suffering from a stab wound to his leg.

PHILIP CROUCHER/METRO HALIFAX
WITH FILES FROM THE CANADIAN PRESS

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# Local



## Concert postposed again

**The roller-coaster ride for fans of Simon and Garfunkel continues. For the second time in two months, the duo have postponed its North America tour — including back-to-back shows in Halifax on July 24 and 25 — with no new dates set. According to promotional group Evenko, this indefinite postponement is a result of Art Garfunkel continuing to recover from a vocal paresis.** METRO HALIFAX

## News in brief

**FIRE** A man is dead after an apartment fire in Pictou over the weekend. RCMP say the body of the 48-year-old was found Saturday inside an upstairs unit of a Water Street residence. Heavy smoke could be seen coming from the unit, but an RCMP officer who was the first on the scene was unable to get inside because of the heat and flames. When fire crews arrived shortly after, they discovered the man's body. Police say there were no other injuries.

THE CANADIAN PRESS

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WHAT'S ONLINE TODAY

**Blogs** Former TFC midfielder Carl Robinson joins It's Called Football to make his first comments on team management and his time in Toronto

**Immigration** Guidy Mamann on a small change to a federal bill that may be big trouble for Canada's humanitarian reputation at **metronews.ca/immigration**



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# Neighbourhood lauded

## Portland Estates and Hills wins Spirit Award on third try

JENNIFER TAPLIN
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**Third time was the charm for the community of Portland Estates and Hills in Dartmouth.**

After two swings and misses for the Lieutenant Governor's Community Spirit Award, residents celebrated a winning submission at last with a party in their neighbourhood park yesterday.

Lt.-Gov. Mayann Francis said their warmth and hospitality was evident.

"You are the pride of Dartmouth and an example to everyone in Nova Scotia," she said before handing over the hardware.

It's a tight community, said resident Barb Stubbs who moved in four years ago.

"Sometimes everybody knows everyone's business but it doesn't seem to be a huge issue," she said.

"There are always a lot of people around, lots of kids. It's just a really good spirit."

Their volunteer group, Portland Estates and Hills Residents' Association (PEHRA), glues the community together by being very active and organizing events, according to the submission.

"PEHRA is like the heartbeat of the neighbourhood," was written in the award submission.

"It's always checking things out and getting involved if needed."

Dalyce Mallion-Wiechert said the community was also celebrating a new trail through Birches Park and a sign which will keep everyone in the know.

"There's a read-o-graph and we put up messages everyday like if there's registration for canoe club or a special event happening," she said. "It's a great way to keep the community together."

It's also a good way to keep "lost cat" posters off the lampposts and mail kiosks, she said.

At least 100 people joined in the celebration at Birches Park yesterday afternoon. There were games for the kids, a talent show, and of course celebratory cake.



RYAN TAPLIN/METRO HALIFAX

**Danny Michaud, 9, takes his turn in the beanbag toss during a community celebration for the Portland Estates and Hills neigbourhood at Birches Park yesterday afternoon. The neighbourhood received the Lieutenant Governor's Community Spirit Award during a ceremony yesterday.**

# Another bear spotted in Bedford

PHILIP CROUCHER
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**WILDLIFE** There has been another bear sighting in Bedford.

A day after a mother bear and what is believed to her baby were seen walking separately on several different streets around Southgate Drive, Halifax Regional Police say they received another call of a bear sighting yesterday in the area of Bedford South School on nearby Oceanview Drive.

The call came in at 4 p.m. Police say it appears to be a smaller bear than the ones from Saturday.

On Saturday afternoon, police first responded to a report of a bear in the neighbourhood of Southgate Drive just after the noon hour. In responding to the call, police say five more calls came in from residents about two bears in the area, including one that looked to be a baby.

Police say the baby bear sightings were on Wyat and Morris Mill roads, while the larger bear was last seen heading into the woods on Lake Drive.

Police and the province's Department of Natural Resources patrolled the wooded area.

# Cellphone saved life of woman, says RCMP

PHILIP CROUCHER
philip.croucher@metronews.ca

**RESUCE** Police say a woman rescued over the weekend after suffering a heat stroke while hiking deep in the woods near Timberlea is probably alive today because there was a cellphone with her.

"Without a doubt," Halifax RCMP Staff Sgt. Peter Ferguson proclaimed.

The 34-year-old woman had been hiking with her husband on the Rails to Trail for about six hours on Saturday, when police say she suffered a heat stroke and was convulsing on the Hay Marsh Loop trail near Exit 4 on Highway 103.

Paramedics were able to receive her global positioning system co-ordinates after her husband made a distress call from his cellphone, which had GPS on it.

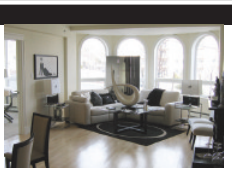
Police say because of the couple's distance from the highway, which was upwards of 30 kilometres, a Halifax Ground Search and Rescue helicopter was called in to extricate the woman. She was flown to Point Pleasant Park and then taken to hospital by ambulance.

Her injuries aren't believed to be life-threatning. Police are using this incident as a reminder to hikers if they head out to trails this summer, to bring a cellphone or GPS device with them.

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**Autism walk tops $20K in city**

The first provincewide Walk the Walk for Autism raised more than $20,000 in Halifax on Saturday. More than 300 friends and families of people living with autism took part in the downtown walk, which was the first Nova Scotia-wide fundraiser and awareness event. More than $50,000 was raised in total for the province. METRO HALIFAX

## Fishermen rescued after fire forces them to flee vessel

**SEA** Five fishermen donned immersion suits and jumped into a life-raft early Friday when they were forced to abandon their burning boat off the coast of Cape Breton.

Search officials say the five aboard the Oliver Branch were eventually picked up by a container ship that happened to be in the area, about 112 kilometres east of the Canso causeway.

Maj. James Simiana at the Halifax rescue co-ordination centre says the Sanderling, operated by the shipping firm Oceanex, was dispatched to rescue the fishermen.

A Hercules military aircraft and a Cormorant search and rescue helicopter were also sent to the scene.

Once it was determined the fishermen were in good condition, they were transferred to the coast guard cutter Spray and taken back to Nova Scotia.

THE CANADIAN PRESS

## Prospect Road Community Centre opens doors to public

**FACILITY** The official opening of the new Prospect Road Community Centre took place on Saturday.

The $8.5-million centre is 22,720 square feet and was paid for by all three levels of government, including $5.9 million from HRM and $1 million by both the provincial and federal governments.

The facility includes a full-sized gymnasium, fitness centre, community centre with meeting rooms and an arts room.

It's also being lauded as the "green" community centre because it has been built to exacting international environmental standards.

METRO HALIFAX

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# Uphill battle to extinguish colonies of stinging fire ants

## Saint Mary's researcher to map pest activity in Halifax

**Their stingers are invisible to the naked eye. But just one prick from a European fire ant and you could be left with a welt the size of a toonie.**

Some say the sting lasts about 15 minutes; others insist it's more than 24 hours. What's not in dispute, according to those who have been stung, is how much a sting hurts.

The tiny red-brown ants have invaded parts of Nova Scotia, New Brunswick, Ontario, Quebec and Maine.

In Halifax, the aggressive pests — known in the scientific community as Myrmica rubra Linnaeus — have infested urban properties in several neighbourhoods. There are stories of homeowners wearing protective rubber boots while mowing their lawns and children and pets being banned from playing in their backyards.

Adding to the misery is the difficulty of stamping out the ants' massive colonies, which can be tens of thousands strong with hundreds of queens.

Sprays and home remedies like water-and-borax solutions haven't done the job.

"There has been no successful eliminations at all anywhere," says Susan Horton, 39, a master of science student at Saint Mary's University who is studying the species as part of her thesis.

"Unless the entire colony is taken care of, the ants will come back."

Horton plans to map the location of fire ants in Halifax in hopes of discovering why they've been hanging around some neighbourhoods and not others, and whether they prefer certain types of soil or plants and so on.

It's possible homeowners are unwittingly throwing down the welcome mat for thousands of the nesting neighbours.

"Once we can determine what it is that we're doing that makes it attractive, then we can stop doing it and hopefully that will help reduce the numbers," says Horton.

There have been reports of fire ants in parts of Nova Scotia for decades, but the species was only formally identified two years ago.

Horton says fire ants don't build ant hills, but nest instead in the cool, moist soil of flower beds and compost heaps, under logs, rocks and paving slabs. They're not known to enter houses, and Horton says it doesn't look as though entire colonies will cross large, man-made barriers such as roads.

THE CANADIAN PRESS

### Sting

- Fire ants are tiny — workers are about five millimetres in length — but they pack a powerful punch by injecting formic acid into their victims when they sting. And unlike honeybees that die once they've attacked, fire ants live to sting another day.

## Board denies request to cut rural bus routes

**TRANSIT** Nova Scotia's government regulator has denied an application by Acadian Lines to cut rural bus routes in the province.

Acadian wanted permission from the Utility and Review Board to cancel its Kentville-to-Digby bus run and several others because it says it was losing money.

It also applied to reduce daily service between Halifax and Sydney from three runs to two.

But in its decision, the board says there is no evidence the company is losing money on its Nova Scotia routes.

Acadian will be allowed to add two express trips between Halifax and Moncton each day as long as no existing routes are eliminated.

The company is waiting on a ruling from the New Brunswick Energy and Utilities Board on proposed route cuts in that province.

Acadian wants to drop runs between Fredericton and Miramichi, and between Saint John and Bangor, Maine.

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***Sexual Violence is a Community Problem in Need of a Community Solution. Together we can STOP Sexual Assault.***

## 3 men charged after police seize firearms from home

**CRIME** Halifax Regional Police say three men face weapons-related charges after arrests were made at a home on Friday.

Police say they seized two firearms.

Investigators say the weapons were stolen during an overnight break and enter at a storage compound on Horizon Court in Dartmouth.

A 59-year-old man has been released and will appear in court at a later date.

Two other men, aged 28 and 29, remain in custody and will appear in court today.

The pair also face break and enter charges.

THE CANADIAN PRESS

## News in brief

**SUSPICIOUS FIRES** Cape Breton Regional Police are investigating three suspicious fires that occurred overnight. Police and firefighters from Sydney Mines responded to the first fire at 1 a.m. yesterday, after an officer out on patrol noticed a fire at an abandoned mobile home in Sydney Mines. Fifteen minutes later, police, along with firefighters from North Sydney, attended a blaze in the kitchen of the Gannon Road church hall in North Sydney. In the last fire, Sydney Mines firefighters were called at about 6 a.m. to a fire under the front porch of a two-storey house.

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**Unclaimed $50-million jackpot up for grabs**

For the third week in a row, no one has the winning ticket for the $50-million jackpot prize in Friday night's Lotto Max draw. That means the jackpot will be the same for the next draw June 25. The odds of winning the last jackpot was one in 28 million. THE CANADIAN PRESS

# Canada



## Reward offered for tiger, camels

A reward of $20,000 is being offered for information leading to the return of a tiger and two camels, pictured, taken from a parking lot in Quebec. "Our only concern, at this time, is for the safe return of the animals," said Michael Hackenberger, director of the Bowmanville Zoo, located about 75 kilometres east of Toronto. A Ford truck, hauling a trailer containing Jonas the tiger and camels Sean and Todd, disappeared on Friday morning. THE CANADIAN PRESS

# G8 nations fall short on aid pledges

**G8 Summit**



PAWEL DWULIT/THE CANADIAN PRESS

Minister of International Co-operation Bev Oda, left, answers questions from the media yesterday as Minister of Foreign Affairs Lawrence Cannon listens following the release of the G8 Accountability Report in Ottawa.

**FUNDS** The world's richest countries have come up short on their commitments to assist the developing world, says a new report that counts Canada among the more reliable G8 members.

The report released yesterday says the OECD and Group of Eight countries are $10 billion behind the five-year, $50-billion increase they promised at their 2005 summit in Scotland.

The document prepared by the Foreign Affairs Department prior to this week's Ontario summits says some G8 members — like Canada — are meeting or surpassing their goals, but it says others are not.

There has been significant progress in some areas, it finds, but it says there are still problems in key areas like disease prevention, water and sanitation, and maternal and child mortality.

"Universal access targets with respect to HIV/AIDS will not be met by 2010 and many developing countries, in particular those in Africa, remain off-track to achieve the health-related (goals)," it says.

"The (goals) on child mortality and maternal health are proving the toughest area in which to make progress."

Prime Minister Stephen Harper has made maternal and child health a signature element of this year's G8 in Huntsville.

But while sources say Canada has put $1 billion on the table, other cash-strapped governments appear less willing to ante-up.

G8 countries are to be commended for their commitment to accountability, acknowledges World Vision's Caroline Riseboro. But she cautions the goals they set are too low and the report offers no plan for how catch up in areas where there are shortfalls. THE CANADIAN PRESS

**42%** The report claims sanitation aid is not reaching the most affected countries, with only 42 per cent of aid commitments in sanitation and water in the past three years reaching the least developed countries.




## Summit OK with most: Poll

**POLL** A fake lake, faux Muskoka backdrops and a $1-billion price tag are troubling but not enough to turn off a majority of Canadians to the benefits of summitry, a new poll suggests.

Three-quarters of respondents to The Canadian Press Harris-Decima poll said this week's G8 and G20 summits in Ontario are important and worth the expense of their country hosting. Some 76 per cent said the summits were either very or somewhat important and 20 per cent were opposed. Most poll respondents didn't expect a lot of progress to be made.

The survey of 1,000 Canadians has a margin of error of 3.1 percentage points. THE CANADIAN PRESS

# Snoops poke into tax files

## Canada Revenue Agency forced to reveal breaches

**Dozens of workers at Canada's tax agency have been caught snooping on their ex-spouses, mothers-in-law, creditors and others by reading confidential tax files.**

Internal reports at the Canada Revenue Agency show that rogue employees are improperly reviewing the private financial affairs of taxpayers without their knowledge.

And some are using agency computers to give favoured treatment to colleagues, friends, family — and themselves.

Documents outlining the forbidden invasions into private tax data were obtained under the Access to Information Act.

In one case, a worker was found to have inspected his spouse's tax information 69 times without permission.

In another case, "(an employee) accessed her own tax information and the tax information (of) 13 relatives.... She provided preferential treatment to colleagues, relatives and acquaintances."

Agency gumshoes then stumbled on a secret cell of snoopers in the same location. "The investigation also determined that 13 other employees of the same office made unauthorized accesses to taxpayer information."

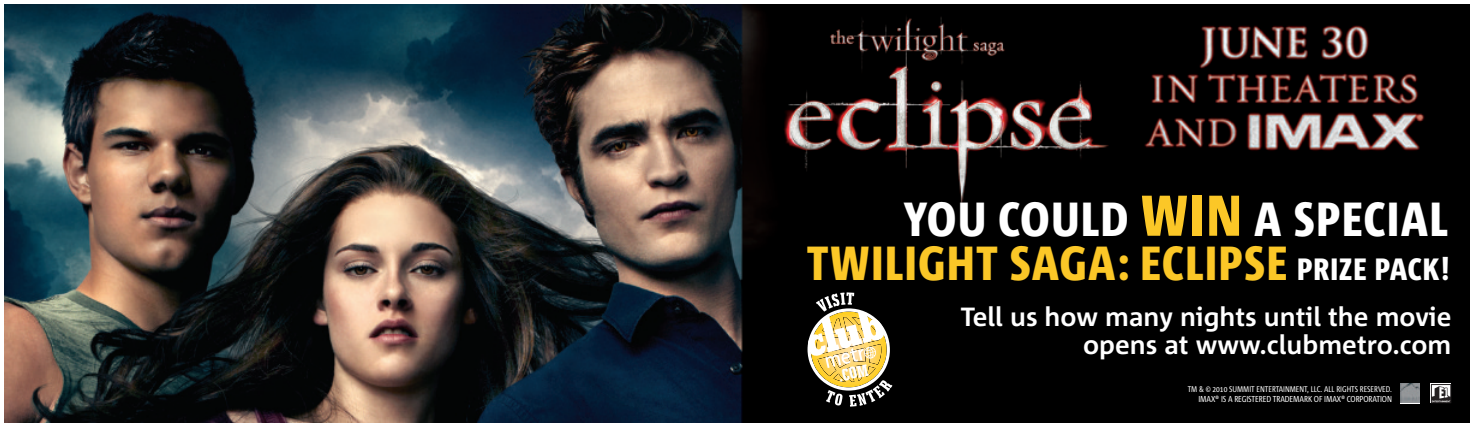
The documents show that ex-spouses are sometimes targeted, for reasons not made clear in the heavily censored material from September and October last year. Some workers who were caught claimed they were simply helping relatives file their income-tax forms.

Agency records for 2008-09 show there were 29 cases in which workers were caught without authorization, about the annual average for the past five years. A spokesperson for the agency said the number of breaches is relatively small, given there are more than 40,000 employees.

Noel Carisse said taxpayers are not always informed when workers improperly access files because the breach may be judged too minor. But taxpayers whose information is improperly disclosed to third parties are almost always alerted. THE CANADIAN PRESS

**Privacy invasion**

In one egregious breach last October, a woman accessed 37,500 emails and 776 documents containing confidential financial information about ordinary Canadians. She downloaded the files onto 17 compact discs for her personal use, inexplicably helped by agency technicians.



**Anti-apartheid cleric dies**
The Rev. Nico Smith, a white pastor who challenged South Africa's apartheid system by moving with his wife into a black township in the 1980s, died of a heart attack, one of his daughters said yesterday. He was 81. THE ASSOCIATED PRESS

# World



## Colombians elect new leader

**A former defence minister from a powerful political clan who oversaw a major weakening of leftist rebels won Colombia's presidency yesterday, routing an eccentric outsider in a runoff. The victory for Juan Manuel Santos, a 58-year-old economist and three-time government minister, was a ringing endorsement of outgoing conservative President Alvaro Uribe, whose U.S.-backed security policies he helped craft and promised to continue.** THE ASSOCIATED PRESS



RICK WESTHEAD/TORSTAR NEWS SERVICE

Canadian Vedant Rajput has helped police in Mumbai untangle one of India's largest alleged Ponzi schemes. An estimated 250,000 people invested in a purported car rental company that is alleged to have stolen $250 million US from victims.

# Canadian helps crack Ponzi scheme

**Vedant Rajput is widely credited with helping to untangle India's largest-known Ponzi scheme.**

Over the past decade, 53-year-old Sayed Mohamed Masood of City Limouzine tricked more than 200,000 victims out of $250 million US, police allege.

In India, the wheels of justice are not known for rhythmic efficiency. Police routinely refuse to register criminal complaints.

Predictably, when City Limouzine's cheques began bouncing last August, many were resigned that their savings were gone.

Rajput, from Mississauga, Ont., on the other hand, became a one-man army. He organized rallies in Mumbai that attracted as many as 15,000 investors — becoming a celebrity thanks to local TV and newspaper coverage — and created and distributed complaint forms for investors to submit to police, who finally acted and arrested Masood thanks to Rajput's sleuthing.

TORSTAR NEWS SERVICE

### A simple scam

- Sayed Mohamed Masood's company, City Limouzines, purported to buy cars and run them as taxis. Investors who turned over $3,200 were given 60 postdated cheques of $175 a month, which totalled about $10,400 over five years. Police believe Masood actually bought fewer than 100 cars.

## Egypt police clash with protesters

**PROTEST** Egyptian security forces beat and arrested dozens of protesters yesterday when they attempted to march through downtown Cairo in the latest demonstration against police brutality following the death of young man, witnesses and police said.

For the past 10 days, protesters have taken to the streets in demonstrations over the death of Khaled Said, a 28-year old Alexandria businessman who was found dead after an encounter with police.

THE ASSOCIATED PRESS

*An embattled White House seizes a "political gift" courtesy of BP and Republicans.*

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## News in brief

**OIL SPILL** Newly released internal documents show BP PLC estimated 15.9 million litres of oil a day could gush from a damaged well in the Gulf of Mexico if all equipment restricting the flow was removed and company models were wrong. Democratic Massachusetts Congressman Ed Markey released the documents yesterday showing BP said in a worst-case scenario the leak could gush up to 15.9 million litres of oil per day. THE ASSOCIATED PRESS

# Scores killed in China floods

**DISASTER** Major rivers burst their banks in southern China, triggering massive floods that have killed 132 people and forced 860,000 to flee their homes, the government said yesterday. With dozens missing and more storms forecast, the death toll was expected to rise.

More than 10 million people have been affected since torrential rains began June 13, including those who have been injured, stranded or have suffered property losses, the Ministry of Water Resources said in a news release.

While the death toll was up from 90 Saturday, the number of evacuees was lower than the previous day's figure of 1.4 million. Another 86 people are still missing. China sustains major flooding annually, but this year's floods have been especially heavy.

THE ASSOCIATED PRESS

### Extreme weather

- The flooding follows the worst drought in a century for the southern provinces and regions of Yunnan, Guizhou and Guangxi. It left millions without drinking water and destroyed more than five million hectares of crops.

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## Comment

# Happy trails across the province

CleanBreak




I have two seasons — one that is cold and one slightly warmer than cold.

It really cuts down on wardrobe issues. Now with the temperature cracking the 20s more than once a month, it's an easy time to get outside.

My friend recently said they really liked Halifax and Nova Scotia because we are so close to nature and we don't have to crawl over people to see ocean views.

We were sitting on a rock on a trail near Crystal Crescent Beach. The beautiful scenery, walk and drive took a total of two and a half hours from downtown — the same time spent at the movies.

There are a number of great trails, beaches and campsites all over the province that are quite close when you think the longest may be be 4½ hours away.

If you don't have access to a car, there are local adventures by bike or bus. Spryfield's McIntosh Run Trail (mcintoshrun.ca) can be accessed by Metro Bus numbers 19 and 20.

There are a lot of trails beside the river that are easily accessible. The McIntosh River Watershed Associations website has details.

In Cole Harbour, the Salt Water March Trail is accessible from Bisset Road (on the way to Rainbow Haven Beach). The first trailhead start is about three kilometres on the left. You can take bus No. 59 or 60 to get you the closest to the trail.

For a good listing of trails in Nova Scotia and HRM, check out the Nova Scotia Trails Federation site at novascotiatrails.com/index.cfm.

For camping, there are two national parks — Kejimkujik and Cape Breton Highlands. They both have trails with old-growth forests for day hikes and more comprehensive networks of trails for overnight hiking.

Both parks have backcountry camping options that are farther into the park with less amenities and more nature, adventure, and stunning views.

We are blessed with a number of provincial parks — parks.gov.ns.ca — with large campsites and easy access to beaches.

The options are endless.

Rochelle Owen is director of sustainability at Dalhousie University. She has worked in the environment and sustainability field for 20 years; rochelle.owen@gmail.com

## Worth mentioning

# World Cup kindles quirky allegiances

In India, World Cup fever has fuelled a rivalry between rickshaw drivers.

Revenge-minded Serbians are backing the Americans — in hopes of a chance to beat them in Round 2. In Haiti, pro-Brazil passion helps chase away the post-earthquake blues.

No other sporting event stirs up such a surge of emotion all around the globe as the World Cup. It's not a simple matter of supporting one's home-country team — all sorts of subplots arise, and some of the most zealous fans can be found in countries with no team of their own in the field.

India, for example, has never played a World Cup match. Yet international soccer has a huge following in the planet's second-most populous country, and by some measures — including prominence on cable TV — the tournament overshadowed this weekend's Asia Cup cricket match with rival Pakistan.

In India's southern state of Kerala, fans have been staying up late to watch World Cup telecasts, and two motorized rickshaw drivers have painted their vehicles in the colours of their favourite teams, Brazil and Argentina, to attract like-minded customers.

"I think Brazil has more supporters than Argentina, at least in Kerala," said a gleeful Mohammed Ali, whose rickshaw is now yellow with green highlights. He's threatened to set his vehicle on fire if the Brazilians fail to win their sixth title.

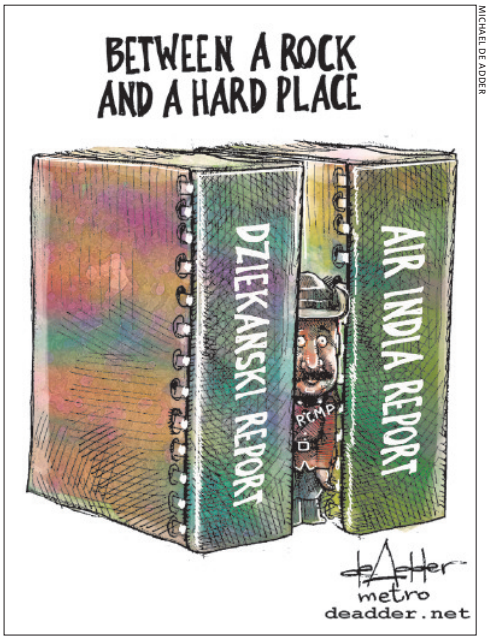
Brazil and Argentina also are the teams of choice in neighbouring, impoverished Bangladesh, with flags of the two South American nations flying from rooftops and treetops. When a power outage interrupted a telecast of the Argentina-Nigeria match in the capital city of Dhaka, angry fans by the hundreds smashed vehicles.

One of Dhaka's top universities closed indefinitely yesterday after students clashed over whether to cancel classes to watch the World Cup. Fervent soccer fans demanded an early summer vacation so they could watch more matches. At least five injuries were reported when they clashed with other students who wanted classes to continue.

In Haiti, Argentina is an afterthought. Brazilians who visit the earthquake-wracked country say Haitians may be more passionate about the Selecao than the South Americans themselves.

Brazilian flags fly from cars overheating in Port-au-Prince's oppressive traffic; people who can barely afford shoes somehow break out new yellow jerseys of their favourite players.

THE ASSOCIATED PRESS




MICHAEL DE ADDER

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**Rogers pays $30M back to customers**

Rogers Communications is reimbursing hundreds of thousands of customers a total of $30 million because of a billing mistake, the company said Friday. THE CANADIAN PRESS

# Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

# Mass? There's an app for that

**An Italian priest has developed an application that will let priests celebrate Mass with an iPad on the altar instead of the regular Roman missal.**

The Rev. Paolo Padrini, 36, a consultant with the Vatican's Pontifical Council for Social Communications, says the free application will be launched in July in English, French, Spanish, Italian and Latin.

Two years ago, Padrini developed the iBreviary, an application that brought the book of daily prayers used by priests onto iPhones. To date, some 200,000 people have downloaded the application, he said.

The iPad application is similar but also contains the complete missal — containing all that is said and sung during Mass throughout the liturgical year. Upgrades are expected to feature audio as well as commentaries and suggestions for homilies as well as musical accompaniment, he said.

"Paper books will never disappear," he said in a phone interview from his home parish in Tortona, in Italy's northern Piemonte region. But at the same time "we shouldn't be scandalized that on altars there are these instruments in support of prayer."

THE ASSOCIATED PRESS

## Online Pope

- Pope Benedict XVI, a classical music lover who was reportedly given an iPod in 2006, has sought to reach out to young people through new media: the Vatican has a regularly updated presence on You Tube and Facebook.

## China Hard currency



THE ASSOCIATED PRESS PHOTO

A Chinese bank clerk counts banknotes yesterday. China's central bank said it would maintain a stable exchange rate and no longer peg its currency to the U.S. dollar — a move that will make the yuan trade more freely.

## WestJet says seat sales still around

**AIRLINES** WestJet Airlines says recent fare changes mean customers won't have to wait around for seat sales anymore, but the airline isn't doing away with last-minute bargains altogether.

"Seat sales are not going away. We will continue to have them from time to time, as required," WestJet vice-president Richard Bartrem said Friday.

WestJet announced last week it would offer lower fares 330 days ahead of time. It is also reducing its top fares by an average of 25 per cent.

Aviation industry consultant Rick Erickson called the changes "quite a lot of hoopla."

"It's not as if WestJet is super-discounting their tickets. They're not. They're just relabelling," he said.

WestJet's main competitor, Air Canada, will likely follow suit with the airline's own changes, Erickson added.

THE CANADIAN PRESS

## Business in brief

**WORLD CUP** Vuvuzelas, the yard-long plastic horns deafening fans in South Africa's World Cup soccer stadiums, have become one the country's fastest-selling sports items, leaving manufacturers struggling to keep up. Demand has been "unbelievable," said Clinton Currie, who runs the Johannesburg-based Vuvuzela Branding Company. With up to 70 per cent of his patented vuvuzelas being sold internationally, Currie says demand may continue for months after the tournament ends.

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# Going Green



## Earth Rangers win

**Calgary-based Earth Rangers (earthrangers.com) built a data centre to demonstrate that adopting green products and services doesn't mean sacrificing IT performance. The non-profit organization won The Quest for Canada's Greenest IT competition on Wednesday.** METRO NEWS SERVICES

EDITOR: BEN.RYCROFT@METRONEWS.CA

## Did you know?

• According to a 2008 report by the Atlantic Provinces Economic Council, transportation in all forms pumped almost as much $CO_2$ into the Maritimes sky as the entire electricity generation sector. Cars and pick-up trucks contribute 14 per cent of the region's greenhouse-gas output.

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# Electric cars receiving a boost

BEN KNIGHT
for Metro Canada


Battery life has been a major stumbling blocks for electric cars.

**The electric car is not dead after all. Several big auto manufacturers are racing ahead with low- or zero-emission technology, and a new generation of electric vehicles should be widely available in Canada as early as 2012.**

This much-desired concept is being improved and concerns once seen as all-but-insurmountable are melting away.

### BATTERY RANGE

**What's the concern?**

Many drivers want to drive cleaner vehicles, but are worried electric cars simply cannot travel far enough to meet their needs.

**What's changing?**

The Nissan Leaf — an all-electric, zero-emission vehicle set for release in late 2011 — will have a single-charge range of 160 km.

"We feel that the best way to control $CO_2$ emissions is by producing none at all," says Mark McDade, director of marketing at Nissan, Canada Inc.

Toyota, manufacturer of the successful Prius hybrid vehicle, is focusing on several options, all of which are good on range.

"That vehicle will be available for consumers in 2012, as well as the battery electric vehicle that we are working on," says Rodney Jones, Manager of Advanced Technology and Powertrain at Toyota Canada.

### STICKER PRICE

**What's the concern?**

Because this is new and innovative technology, potential buyers think electric cars will be prohibitively expensive.

**What's changing?**

"Quite honestly, the sticker price is not the issue," says Nissan's McDade "It's the operating cost. You're not using fuel. The maintenance on this vehicle is diminished greatly, because there's not many fluids to deal with. ."

The Leaf's Canadian price has not yet been determined, but McDade notes that both Ontario and Quebec have already announced up to $10,000 in incentives for drivers who want to purchase electric cars.



Recipe pg10

Sweet summer drinks



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Swimsuits pg8

What to wear by the water





# Be sun savvy

## Smart summer beauties sport sun protection

**Whether you're heading to the cottage, planning a bike trip or staying home and exploring your city, you'll likely be spending more time in the sun come summer.**

This means planning ahead and arming yourself with proper protection from the sun's harmful ultraviolet rays. Here are a few tips:

Pack or stock up on sunscreen. An average adult needs about 2 tablespoons to cover the body. Since a 300 ml bottle has about 8-10 applications, every adult will need one bottle for a 10-day trip, says dermatologist Dr. Gordon Searles, of Edmonton.

Don't forget sunglasses and hats — preferably ones that cover the back of the neck. Check out other sun protective gear, too. "These hats, bathing suits and other summer clothes are quite fashionable and widely available," says Dr. Searles. If that's not feasible, pack tightly woven clothes.

Remember to pack moisturizer to keep your skin hydrated while out in the sun — even better if it has an SPF rating.

Even if you're snorkeling, you'll need water-proof protection. "The sun's rays can penetrate up to 6 feet of water," warns Dr. Searles.

Put sunscreen on 20-30 minutes before heading to the beach, boat, pool or trail. Apply it to your arms, legs, chest and face. Remember your feet, ears, hands and lips. "People often forget about their scalp," says Dr. Searles. "If you get wet, your hair separates and your part gets wider and that's an area that doesn't typically see a lot of sun, so you can get quite an unpleasant sunburn." Reapply the sunscreen every 1-2 hours.

PAULINE ANDERSON

**Summer in Canada is sweet but oh-so-short, and we want to savour every sun filled moment – beautifully!**

To help you do just that, we've partnered with Proctor and Gamble to bring you this special summer beauty guide, filled with tips, tricks and expert advice to help to make this your most beautiful summer ever!

### Heat relief

Stash these summer must-haves in your tote to freshen up fast:

- A purse-sized atomizer of thermal spring water—for a quick blast of cool that won't disturb your makeup.
- Blotting papers to reduce shine by absorbing excess oil.
- Baby wipes for stealth de-griming if your sandal-clad toes have attracted some city dirt.

LIZA HERZ

Inner beauty pg 6



**Start your day the right way**

## Live real and face the world beautifully every day

**RELAX** Living authentically — that is, not worrying about what others think of you — could make a difference to your beauty and glow, says Dr. Sarah Freke, a family physician who practises as a psychoanalyst in Toronto. "Worrying can make you tense, and that will affect your posture and your facial muscles." Relax, get some gentle exercise and be good to yourself, and it will show.

Slow starts to the day get Dr. Freke's approval. "It's tremendously useful to have quiet time first thing in the morning," she says. Gentle activities such as yoga, a quiet walk and slow stretching are good, but so is lying in bed and thinking through how your day will shape up. That lying and thinking, says Dr. Freke, is healthy "brain-working time." Giving yourself time to think can take the stressful edge off of a busy life — and relax a harried expression.

GILDA SWARTZ

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Drew Barrymore is wearing Smoky ShadowBlast in Purple Plume. easy breezy beautiful COVERGIRL

**Keep skin protected**
Moisturizers have minimum SPF 15 that it's easy to apply every morning after the shower. If you want your skin to age well, it's the least expensive solution around. **NINA MACDONALD, RN DERMATOLOGY & NURSE MANAGER – VANCOUVER'S SKIN CARE CENTRE**

# Melt-proof makeup

## Here's how to get your glow on!

**How do they do it? Those women who look fresh and radiant while the rest of us resemble Popsicles melting in the summer heat? Read on to get the 'glow-how' on summer beauty with minimum products for maximum effect.**

Expert beauty tips!

### Daytime cool

Despite what you've seen on Jersey Shore, summer does not start at the tanning salon. Instead, use gradual self-tanner and build natural looking colour (not Snooki orange) over a period of days. And remember, faux tans offer no sun protection, so always apply sunscreen before heading outdoors.

Carmindy, the L.A.-based celebrity make-up artist featured on the TV series 'What Not to Wear' and author of the new beauty-tip bible, Crazy Busy Beautiful (Harper Studio, $15), modifies her 'basic day face' with a few simple humidity-busting tricks. For the oily-skinned, she recommends mattifying gel underneath a light layer of foundation dusted with powder. Powder instead of cream blush stays put in the heat and she likes to "keep eyes simple with waterproof eyeliner in indigo or jade green on the upper lash line" finishing with a coat of waterproof mascara.




Finally, swap your lipstick for a bold yet sheer orange or pink gloss that flatters bronzed and pale complexions alike.

Of course, if you feel naked without lipstick, try this spare, dramatic look favoured by Toronto-based makeup artist Grace Lee: a strong orange-red or fuchsia matte lip paired with nothing but mascara'd (waterproof, or course) eyes. "Just fill your entire lip with matching pencil, then apply lipstick, blot and it will last all day," says Lee.

### Nighttime glow

A couple of key additions can turn a day look into night. "Waterproof dark liner in the inner rim of your eye takes literally seconds but makes a huge impact in creating definition and drama," says Lee.

Shimmer bronzer adds instant smudge-proof sparkle. Even the pale can get their shimmer on with rose-gold tones over the more traditional caramel to toffee shades. "Apply along the sides of your face and right underneath the cheekbones," says Carmindy.

Next, apply a lighter shade of shimmer powder to shoulders and décolletage, finish up with a slick of golden shimmer gloss (layered over lipstick or alone) and hit the patio, humidity be damned.

**LIZA HERZ**


ELMWOOD SPA

When summer heat gets to you, head to the spa for a skin-freshening facial.

# Skincare Rx

## 5 steps to spectacular summer skin

**Summer beauty is easy to achieve – all it takes is a few simple steps.**

**1 Cleanse**
Increased exposure to sun, water and air conditioning all work toward dehydrating your skin, says aesthetician Giovanna Manchisi, senior manager of spa services at Toronto's Elmwood Spa. She suggests choosing a hydrating cleanser that removes all the skin impurities and leaves no residue.

**2 Exfoliate**
Manchisi suggests exfoliating twice a week after using cleanser because sun, sand and sunscreen contribute to dead skin cell build-up.

The caveat, says Dr Frances Jang, dermatologist and owner of Vancouver's Skinworks, is to make sure the exfoliant is matched to your skin. Light fair skin, for example, might be too delicate for a granular scrub, but oily skin with clogged pores is fine for it.

Mechanical exfoliants — grains and loofahs — should be used with care with certain skins, since abrasions can leave the skin open to hyper-pigmentation (dark spots) from sun.

**3 Tone**
Toners are often an overlooked part of the system. But, says Manchisi, they are actually a key component in calming skin and closing pores. The ones that contain witch hazel are good for the skin. Steer clear of any that contain alcohol, she says, because it can strip the skin of its natural oil.

**4 Moisturize**
Always finish with a moisturizer that is lighter than your rich winter cream. Without moisturizer, the skin produces sebum, which creates a greasy layer that can clog pores. And when summer heat dehydrates the skin, you lose the natural glow too.

**5 Antioxidants**
Exfoliant products that contain antioxidants, such as vitamins A, C, E, or AHA (alphahydroxy), lactic acid and retin-A, may help protect against sun damage and aging. As Dr. Jang explains, "UV damage creates free radicals on skin and they in turn create the sun damage. You can neutralize these free radicals with antioxidants such as vitamins E and C."

Vitamin A in the form of retin-A may help build up new collagen. Speak to a skin expert for more information — this product may irritate sensitive skin.

**ALEX NEWMAN**

# Water works

**HYDRATE** When Patricia Chuey's son was five years old, he caught a frog — and then forgot about it. The poor thing shriveled up and died, but it provided an opportunity for the B.C.-based consulting dietician to have a chat with her boy about the need for hydration. The frog was an apt illustration of why our skin, like every part of our body, requires water.

You may prefer to think of grapes and raisins, but the fact remains, we all need water, especially in the coming hot months. How much?

The general rule, Chuey says, is one millilitre of water per calorie consumed… if you eat a typical 2,000 calories per day, that would add up to about two litres or eight glasses of water a day.

It doesn't have to be water — milk, fruit juice, even tea and coffee will do (as long as they aren't super strong). Watery fruits, veggies and soup also contribute.

During exercise, she recommends drinking about a quarter cup of water every 15 to 20 minutes.

By the time you feel thirsty it's too late, says Chuey. You are already in the early stages of dehydration.

**KIM ZARZOUR**



**Swimmers hair**

For swimmers' hair, go with a gentle shampoo and deep conditioner, skip the hair dryer, at least some of the time, and let your tresses dry naturally. **GIOVANNA MANCHISI – ELMWOOD SPA**

# Fuss-free summer hair trends



## Simple strategies that really work

**Want a warm weather coif that looks great? Here are tips for simple styles, frizz-fighters and UV screens.**

"The number one trend for summer is natural hair, letting hair dry naturally in sculpted styles," says Alain Larivée, stylist and co-owner of CAJH Maitres Coiffeurs in Montreal.

Start with a shampoo and conditioner for your hair type, says Larivée. Apply a curl-enhancing cream or anti-frizz serum immediately after the shower (skip the towel-turban step — it causes frizz). "Work the product through from the top to the ends, and work hair into shape while it's wet," he advises.

To keep hair back from the face, Larivée suggests braids and loose chignons as hot hot-weather styles. Try working the casual side braid, which hit big after Alexander Wang's Spring/Summer 2010 show; twist it into a little side bun if you want to get it off your neck. Get easy how-to tips and videos via Google.

If you're not in a braidy mood, a simple clean pony-tail is a classic keep-cool do, especially for naturally straight hair. Greg May, owner of Greg May Hair Architects in Toronto, likes the sophistication of a low ponytail fastened at the nape of the neck. Go for a high ponytail for a younger look; follow the line of your jaw for optimal placement.

For added frizz control, consider a glaze treatment, which will crank up shine and help keep the cuticle smoother through several shampoos. May uses a soy-protein based demi-permanent shine formula in his salon, which replaces lost amino acids and comes in tinted versions to boost colour intensity. Clear demi-permanent DIY glazes are also available at the drugstore.

When it comes to sun exposure, many salon and drugstore products offer built-in UV protection, (which also helps prevent colour fading) and they say so on their labels. May also highlights Argan oil, which is available in drugstores and salons, as a protective agent. "Ferulic acid is part of its composition — it has high antioxidant properties to fight UV rays," he explains.

Mario Verrilli of Onaré Salon in Mississauga says to risk sun exposure only in small doses. "If you have colour-treated hair, a hat is the best protection."

If you're a pool – or beach – bunny, minimize damage by wetting your hair before jumping in. "Hair can absorb only so much water," he says. "Lightly coating hair with a cream conditioner — preferably a biodegradeable one —before entering the water will also help."

**JANINE FALCON**

> **"The number one trend for summer is natural hair, letting hair dry naturally in sculpted styles"**
> Alain Larivée, CAJH Maitres Coiffeurs

## Humidex high? Here's how to fight back



**TIPS** "Humidity causes increased sweat and oil, causing follicles and pores to clog," says Laura Kingston, an esthetics instructor at Concepts School of Cosmetology in Halifax. Common areas affected are the face, neck, back, chest and feet. Shower every day, but "avoid harsh, drying products like soap and astringent," says Kingston. Here are her recommendations for treating the following humidity-induced skin issues at home (for persistent problems, consult a doctor, dermatologist or pharmacist).

### Acne

This can flare up on humid days. To prevent breakouts, use a facial cleanser that doesn't make skin feel dry, tight or sore; exfoliate with a product containing alpha hydroxyl acid (AHA) or one that's acid-based; use a gentle toner such as witch hazel; and apply a light moisturizer. Put on sunscreen last, but before makeup.

### Fungal infections

Apply an antifungal foot cream to athlete's foot and put tea tree oil on affected toenails, which will be thick and yellow.

### Bacterial infections

These can present as colourless patches of skin on the chest, shoulders and back. Use a dandruff shampoo as a body wash, says Kingston, or dab it straight onto dry skin.

### Heat rashes

They can appear anywhere, from around the nose and mouth to the groin and underarms. To relieve redness and itchiness, apply pure aloe vera gel, witch hazel or a paste of oatmeal and water.

### Help your hairdo

According to Debbie LeFort, a master hair-styling instructor at Concepts, humidity makes straight hair limp and curly hair frizzy. "Regardless of hair type, if you want to hold your style, don't touch your hair after you've sprayed it," says LeFort.

### Straight hair

Use a volumizing shampoo and conditioner, work in mousse from the end of the hair shaft to the root. Dry, style and finish with a spray that says "anti-humidity" or "anti-humectant" on the bottle.

### Curly hair

Use a moisture-balanced shampoo, then follow the same steps for straight hair. (On really humid days, you might have to give in and embrace the volume.)

**JANE DOUCET**

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# Good morning sunshine

**Five sure-fire ways to start the day with a beauty boost.**



### 1 Keep your blinds and your windows partly open at night

Waking up with natural light is a naturally cheery way to wake up. Natural light may also tell your biological clock that it's time to rise, by increasing your adrenaline levels. Over time, you may be able to rely on your biological clock instead of the shrill ringing of your alarm — and guess which wake-up call is more calming?

### 2 Start your day calm

Marilyn Freeman, a retired teacher in Kingston, Ont., admits to being a type-A person. "I want to jump out of bed and start running around accomplishing things," says Freeman, an avid cyclist, hiker, paddler and volunteer. Instead she gets up and does yoga in a quiet room in her house. Sometimes she listens to a tape, other times she opens her windows and listens to birdsongs. As well as providing stretch and strength benefits, yoga calms Freeman. "In a world that sometimes appears to be spiralling out of control, yoga gives me a sense of personal control."

### 3 Cuddle with your kids

Waking up to a grouchy kid can start the whole family off on a downer day. Instead of a screechy wake-up call, try waking your kids gently and affectionately. If your children are young, wake them with hugs and kisses. If they're older, try an affectionate head massage and firm but gentle wake-up words. Kid-time is precious, and morning hugs can ensure a heart-warming hello to everyone's day.

### 4 Get up on the right side of the bed

This isn't a spatial directive, but a psychological one — at least for Cheryl Embrett, a Toronto writer and mother. "Before I get out of bed I think about five things I'm going to be grateful for that day." Her thoughts can be as simple as being thankful for having good coffee to brew. Embrett says, "My negativity was sucking energy. Now I've noticed a difference and my husband finds me much more positive."

### 5 Walk in fresh air

Slip into comfy clothes first thing in the morning and head outdoors for a 20 to 30 minute walk. A walk can lower your stress level and blood pressure (and it also helps you manage your weight and reduce your risk of type 2 diabetes).

Walking in the fresh morning air — even in the rain — can boost your mood and your outlook.

**GILDA SWARTZ**

# Tips for summer nails

Manicures and pedicures are an important part of your beauty regime, especially during the summer. Here's how to keep your hands and feet looking their warm-weather best!

### Polish up

A common do-it-yourself manicure instruction is to apply polish in just three strokes, one down the middle of the nail and one on each side. But if you watch a pro, the moves are a little different. Rita Remark of Toronto's Tips Nail Bar and Spa offers this advice:

- As you withdraw the brush from the bottle, drag one side against the lip to keep polish to one side of the bristles. "Don't be afraid to have plenty of product, as it glides easier and prevents streaking."
- Set the brush — polish down-on the nail one-quarter of the way down from the cuticle. Slowly push it up, and before the polish actually touches the cuticle, sweep down to the tip. Without re-dipping, distribute polish evenly with another stroke or two. "Especially when applying light shades, fewer strokes are better. The more you brush, the more you streak."

### Chip tips

Whether you've done your own polish or had a professional job, "after a couple of days, freshen up the top coat, making sure to glide right to the ends," says Remark. "This will restore shine and give polish a fighting chance against chipping."

If you do get a little chip, file the nail length down lightly to minimize or eliminate the chipped bit, then apply another layer of top coat.

Another type of salon manicure and pedicure, involving "soak-off" gel, is rapidly gaining popularity; results can last two weeks or longer without chipping. Designed for natural nails, formulas such as OPI Axxium Gel and CND Shellac (a gel-polish hybrid) deliver a thinner, more flexible finish than traditional gel. Each layer is UV-cured — so there's zero drying time. Removal requires a salon appointment to soak nails in acetone and gently flake the gel off.

### Daily TLC

Maria Cristina Faccio, owner of Ritual Tanning Salon & Nail Bar in downtown Toronto, recommends keeping cuticles soft by applying cuticle oil every night before bed.

Also, SPF on hands is a must "to prevent age spots and aged skin," she says. (Wipe nails immediately post application; sunscreen can mar the shiny polish finish.)

And don't forget your poor feet, constantly exposed in warm weather. "Slather them in moisturizer and sleep in breathable cotton socks," Faccio says.

**JANINE FALCON**



# Scents and sensibility — what's yours?

Flowers are more than just pretty faces. Their scent evokes powerful emotions, moods and memories — and that's made perfume a perennial part of most beauty wardrobes.

Rose and lavender remain timeless favourites, but this season's most popular fragrances feature more exotic blooms. Notes of freesia, grapefruit, mandarin, orchid and rose with pear are present in the perfect-for-summer scents, says Tammy Smitham, of Shoppers Drug Mart and its upmarket cousin, Murale.

Each flower has a fragrance profile. Freesia is intensely sweet and comforting. Rose offers a warm, deep sweetness considered an aphrodisiac, but often has a bracing hit of cloves or other spicy scents. Lavender is pungent, herbaceous and soothing. Orange blossom is fruity, delicate and honey-sweet yet refreshing. And various orchids serve up scents that stretch from coconut to cedar.

Summer-fresh fragrances from natural sources are usually more expensive than synthetics, especially if they are harvested from rare blooms or faraway places. The classic brands usually contain real-flower ingredients. Ask an expert at the fragrance counter, Smitham suggests, to help you pick a classic or contemporary perfume that suits both the season and your personality.

**JO CALVERT**

### warm weather

- Warm weather enhances perfumed products, so use a light touch. **LUNG ASSOCIATION**


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**Sunny side of summer**

Sunlight actually boosts our mood. The rays suppress the production of melatonin, a hormone that makes us feel sleepy and generally. **DR. IRVIN WOLKOFF, A TORONTO PSYCHIATRIST**

## Trendwatch
## Bare it!

With summer upon us, it's time to bare more than just our faces on the beach! Besides the usual methods (razors, creams, waxing and laser), here's a look at three hot trends in hair removal.

Hair Removal Pads: These pads are like extra-fine sandpaper and gently buff hair (and dead skin) off your body.

Body Sugaring: Similar to waxing, this method has the added benefit of exfoliation. Available in spas and salons, there are also recipes on the Internet for home.

Epilation: Shaver-shaped devices tweeze hair – a patch at a time. Web chat indicates it gets less painful with each use.

Be sure to talk to a beauty advisor about whether these methods might work well for you.

**LORI DANCE**

## Care free



Summer "brings back all those wonderful feelings" of childhood and running barefoot.

**DR. IRVING WOOLKOFF**

# In the swim

**Since the days of the Roman bath, deciding what to wear by the water has always been a challenge — do we go for comfort or style? Thanks to new materials, and fantastic designers, making the choice is no longer such a big deal.**

### Material girl

According to Janet Morrison of Omni Swim Aquatics in Toronto, the best material is polyester because it resists fading and stretching in harsh pool chemicals. Lycra, on the other hand, tends to stretch so much that after three months of constant use, "you'll be able to tie a knot in it," she says.

The material also makes a difference also when getting fitted: "A Lycra suit needs to be really tight because it will stretch, whereas polyester should just be comfortable, because it won't stretch," Morrison says.

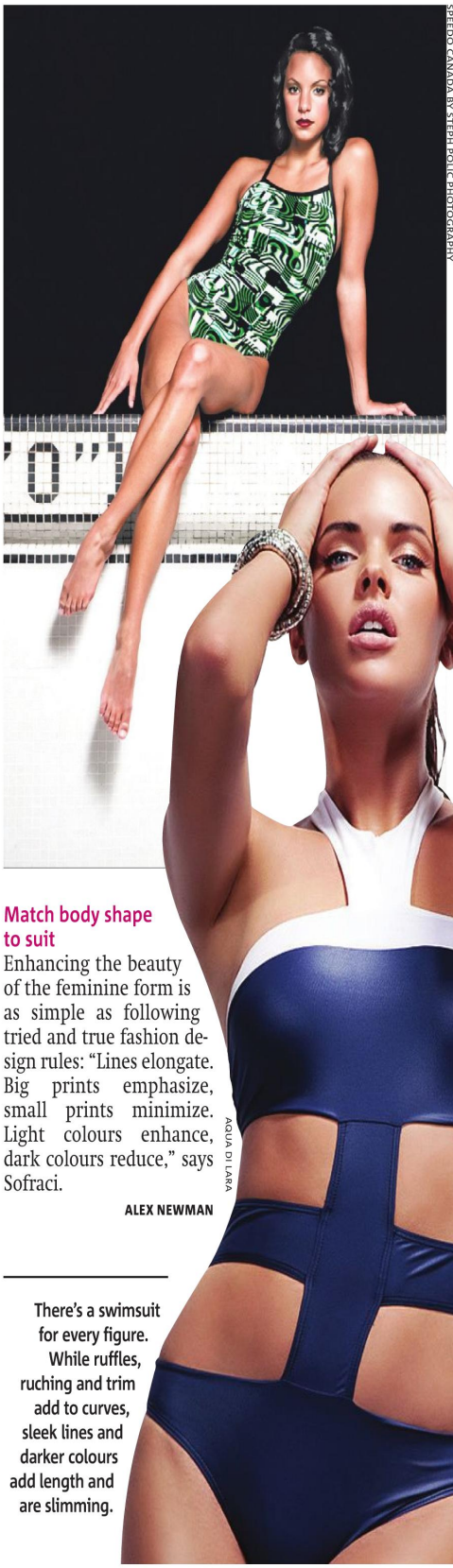
### Patterns

The looks for 2010 are "solid, vibrant colours or graphic patterns, plus some textured and specialty fabrics," says Reyhan Sofraci, creative director and owner of Montreal's Aqua Di Lara Swimwear, a line of haute fashion bathing suits.

### Design

And they're a little more daring in their design. Bandeaus and tarzan bottoms are a huge hit, says Sofraci, "with the cut-away suit, or monokini, being a particularly flattering style. Strategic fabric placement keeps certain areas hidden and yet has great sex appeal."

Though Sofraci loves "innovative fabrics," function is important: "The suits must brave water, sun and chlorine and stay as beautiful as when first purchased."



SPEEDO CANADA BY STEPH POLIC PHOTOGRAPHY

AQUA DI LARA

There's a swimsuit for every figure. While ruffles, ruching and trim add to curves, sleek lines and darker colours add length and are slimming.

### Match body shape to suit

Enhancing the beauty of the feminine form is as simple as following tried and true fashion design rules: "Lines elongate. Big prints emphasize, small prints minimize. Light colours enhance, dark colours reduce," says Sofraci.

**ALEX NEWMAN**

# Fashion watch

**From crowded trains and buses to air-conditioned cars and offices and everything in between, dressing for summer heat can be a challenge! Here are 10 ways to keep cool... and look great.**

Wear breathable cotton and linen in lighter colours; steer clear of clingy jersey and synthetics. If you've got an active day, high-tech fabrics will wick moisture away from your skin.

Loosen up. "Something about the heat makes people feel they need to wear too little, and too tight," bemoans David Clemmer, wardrobe consultant for the popular makeover series Style By Jury.



Kelly Millar

**"Something about the heat makes people feel they need to wear too little, and too tight"**
KDavid Clemmer, wardrobe consultant for Style By Jury

It's okay to move up your hemline a bit if the look's right for you and your work environment. If it's corporate, forget the mini. Your best bet, says Toronto-based image consultant Kelly Millar, is at or just above the knee.

Go for balance: if you wear a flirty skirt, balance it with a jacket or cardigan; pair a tank top with a longer flowing skirt or capris with billowy tops.

Dress in layers. Loosely roll a lightweight, neutral-coloured jacket or cardigan and stash it in your knapsack or purse for the commute; hang it over the back of your chair so the creases fall out. If your office provides a place to hang clothes, keep a crisp white shirt as a back-up.

Ditch the pantyhose if your workplace allows it — but forget flip-flops. "They should only be allowed where sand is present," Clemmer says. Avoid flaming toenail colours "so people aren't noticing your nails or feet before they notice you."

Pull hair up off the neck in a chignon or ponytail. (Or, for those with longer hair, try a shorter cut this summer!)

Ice cubes or a damp wash cloth on the neck or wrists help cool you down. Install a small desk fan.

Keep anti-perspirant (it reduces wetness) or deodorant (it lets you sweat but keeps you smelling sweet) in your desk or purse. Underarm shields, which are thin adhesive pads that absorb sweat, are another option.

Take a cool bath or lukewarm shower before you head out for the evening again.

**KIM ZARZOUR**

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**Photo sensitivity**

Some foods, like celery and rutabaga, contain phyto coumarin. "When ingested, these foods are absorbed through the body and show up in the skin. When exposed to the sun, the chemical is converted to an oxygen radical and that can lead to a sunburn-like reaction". DR. GORDON SEARLES

# Foods to boost your beauty

**When it comes to skin care, what you put on your plate may be more important than what you put on your skin, says Toronto dietitian Fran Berkoff.**

"Everything we eat affects our body inside and out," says Berkoff, "so the healthier the foods you eat, the better your skin will look. There's no need to take supplements."

The best way to nourish your skin is to follow Canada's Food Guide, she says. Getting the recommended 7-10 servings of fruits and veggies a day is super easy with farmer's markets everywhere these days. Choose fruit for breakfast, dessert and snacks, make a salad for lunch and steam up different-coloured veggies with dinner.

Eat your fruit and veggies. Vitamin C produces collagen and may help reduce the damage (and wrinkles) caused by overexposure to the sun. Broccoli, tomatoes, red peppers, dark greens, strawberries and local muskmelon (cantaloupe) are all rich in this essential vitamin and powerful antioxidant.

**Eat your fruit & veggies!**

Take the E train. Vitamin E, another important antioxidant, may also help protect skin from sun damage and keep it looking great. Get your fix by making a big salad spritzed with good olive oil and sprinkled with nuts and seeds. For snacks, enjoy a handful of almonds.

Make a splash. Our bodies, and our skin, love Vitamin A, and one of the best places to get it is from dairy products. Think berry-banana smoothies with low-fat milk for breakfast, yogourt with fresh fruit and a mid-afternoon cup of frozen yogourt. Since we also convert beta carotene to Vitamin A, serve a low-fat yogourt dip with bright orange carrot, sweet potato or rutabaga sticks.

"More studies are needed to figure out the long-term benefits of food on our skin," says Berkoff, "but we know for sure that eating a variety of healthy foods and drinking plenty of water to keep your skin hydrated will go a long way to helping you look and feel terrific this summer."

CYNTHIA DAVID

# Fitness watch — beach ready workout

Well toned muscles look fabulous in summer bikinis and tank tops… and toning muscles is easier to do than you think, says Krista Popowych, manager of the Richmond Olympic Oval in Richmond, B.C. She recommends five muscle conditioning moves to help tone the muscles that are most often bared in summer!

Health Canada recommends that healthy Canadians aim for at least 60 minutes of physical activity every day. That includes aerobic exercise such as cycling and fast walking and muscle conditioning.

Remember that losing a bit of weight — and fat — might be important too, in revealing muscle tone. The best way to lose extra fat is to combine aerobic exercise with healthy eating.



## 1 Wide leg squat with calf raise

(Targets: legs)

Stand with feet wide and toes turned outward. Bend knees as you lower your torso straight down. Lift heels and balance on toes for 3 seconds. Drop heels and lift torso back to starting position. Be sure to keep all movements slow and controlled in this exercise and others. Repeat 10-12 times.

Advanced: Repeat 10-12 more times.

## 2 Wide leg push-up

(Targets: arms, shoulders, chest and core)

Start in a push-up position with legs wider than hip width and arms in line with shoulders, elbows slightly bent and pointing back (not to the sides). Bend elbows slowly as you lower your upper body to the ground. Pause, then push yourself up to the starting position. Repeat 10-12 times.

Advanced: In the upper position, reach out one arm. Hold for 5 seconds. Lower. Change sides.

## 3 Reverse lunge into knee lift

(Targets: glutes, quads, hamstrings, calves)

Stand with feet hip width apart and arms by your sides. Bend the left knee as you step the right leg back into a lunge position. In a slow, sweeping motion, and as you straighten the left knee, lift the right leg forward and bend the knee up to waist height. Reach the right leg back again into a lunge position. Repeat 10-12 times. Change legs.

Advanced: As you bring the knee up, do a bicep curl with your arms. As you lower the leg, lower your arms again too.

## 4 Side plank

(Targets: shoulders, core, abdominals)

Lie on your left side with elbow bent and body lifted off the floor with legs extended and stacked or the top foot acting as a brace on the ground in front of the right foot. Be sure neck is in line with the spine. Extend right arm up towards the ceiling. Hold for up to 15-50 seconds.

Advanced: Sweep your right arm around and under your body to touch the ground underneath.

## 5 Bicycle

(Targets: Abs)

Lie on your back with head, neck and shoulders raised, elbows wide, hands lightly touching either side of your head. Reach your opposite elbow to opposite knee as you start to cycle. Repeat 30-50 seconds. Take a break and repeat.

Advanced: Change the tempo — slower is more challenging.

YLVA VAN BUUREN

**Recipe**

# Sensational summer smoothies



Blend vitamin-rich fruit with other delicious ingredients for a healthy and refreshing summer smoothie that is guaranteed to make you feel great inside and out. The Dairy Famers of Canada provided these recipes. CYNTHIA DAVID

### Strawberry cantaloupe smoothie

- 1 cup (250 mL) chopped Ontario muskmelon or cantaloupe
- ½ cup (125 mL) chopped strawberries
- 1/3 cup frozen cranberry juice concentrate
- 1 ½ cups (375 mL) cold milk
- 1 cup (250 mL) ice

In a blender, puree melon, strawberries and concentrate together until smooth. Add milk and ice; blend again. Enjoy immediately.

SERVES 2

### Mango smoothie

- 1 large ripe mango, peeled and chopped
- ½ tsp (2 ½ mL) grated fresh ginger
- 1/3 cup (75 mL) frozen orange juice concentrate
- 1 ½ cups (375 mL) cold milk
- 1 cup (250 mL) ice

In a blender, puree mango, ginger and concentrate together until smooth. Add milk and ice; blend again. Pour into tall glasses and enjoy.

SERVES 2









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**Cameroon out, Netherlands through**
Dennis Rommedahl scored one goal and set up another to lead Denmark to a 2-1 comeback win over Cameroon Saturday, eliminating the African team from the World Cup and sending the Netherlands to the round of 16. THE ASSOCIATED PRESS

# World Cup



## Security concern

The Nigerian team has asked its government to provide security for midfielder Sani Kaita, left, after his red card during a World Cup loss to Greece prompted more than 1,000 death threats. Security has already been increased around the Nigerian team's base in South Africa. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

## French director resigns from post

**SOUTH AFRICA** France's World Cup ambitions lay in ruins yesterday after public rifts erupted between players, coaches and national officials over Nicolas Anelka, thrown out of the squad for insulting team coach Raymond Domenech. In another moment of drama, France team director Jean-Louis Valentin shouted at the media that he was "ashamed" of the players for not training. Caught up to by reporters, Valentin announced his resignation on the spot. THE ASSOCIATED PRESS

### SCOREBOARD

**GROUP A**

| | GP | W | D | L | GF | GA | Pts |
|---|---|---|---|---|---|---|---|
| Uruguay | 2 | 1 | 1 | 0 | 3 | 0 | 4 |
| Mexico | 2 | 1 | 1 | 0 | 3 | 1 | 4 |
| France | 2 | 0 | 1 | 1 | 0 | 2 | 1 |
| South Africa | 2 | 0 | 1 | 1 | 1 | 4 | 1 |

TUESDAY GAMES
Mexico vs. Uruguay, 11 a.m.
France vs. South Africa, 11 a.m.

**GROUP B**

| | GP | W | D | L | GF | GA | Pts |
|---|---|---|---|---|---|---|---|
| Argentina | 2 | 2 | 0 | 0 | 5 | 1 | 6 |
| South Korea | 2 | 1 | 0 | 1 | 3 | 4 | 3 |
| Greece | 2 | 1 | 0 | 1 | 2 | 3 | 3 |
| Nigeria | 2 | 0 | 0 | 2 | 1 | 3 | 0 |

TUESDAY GAMES
Nigeria vs. South Korea, 3:30 p.m.
Greece vs. Argentina, 3:30 p.m.

**GROUP C**

| | GP | W | D | L | GF | GA | Pts |
|---|---|---|---|---|---|---|---|
| Slovenia | 2 | 1 | 1 | 0 | 3 | 2 | 4 |
| U.S. | 2 | 0 | 2 | 0 | 3 | 3 | 2 |
| England | 2 | 0 | 2 | 0 | 1 | 1 | 2 |
| Algeria | 2 | 0 | 1 | 1 | 0 | 1 | 1 |

FRIDAY'S RESULTS
U.S. 2 Slovenia 2
England 0 Algeria 0
WEDNESDAY GAMES
Slovenia vs. England, 11 a.m.
U.S. vs. Algeria, 11 a.m.

**GROUP D**

| | GP | W | D | L | GF | GA | Pts |
|---|---|---|---|---|---|---|---|
| Ghana | 2 | 1 | 1 | 0 | 2 | 1 | 4 |
| Germany | 2 | 1 | 0 | 1 | 4 | 1 | 3 |
| Serbia | 2 | 1 | 0 | 1 | 1 | 1 | 3 |
| Australia | 2 | 0 | 1 | 1 | 1 | 5 | 1 |

FRIDAY'S RESULTS
Serbia 1 Germany 0
SATURDAY'S RESULTS
Australia 1 Ghana 1
WEDNESDAY GAMES
Ghana vs. Germany, 3:30 p.m.
Australia vs. Serbia, 3:30 p.m.

**GROUP E**

| | GP | W | D | L | GF | GA | Pts |
|---|---|---|---|---|---|---|---|
| x-Netherlands | 2 | 2 | 0 | 0 | 3 | 0 | 6 |
| Japan | 2 | 1 | 0 | 1 | 1 | 1 | 3 |
| Denmark | 2 | 1 | 0 | 1 | 2 | 3 | 3 |
| Cameroon | 2 | 0 | 0 | 2 | 1 | 3 | 0 |

SATURDAY'S RESULTS
Netherlands 1 Japan 0
Denmark 2 Cameroon 1

**GROUP F**

| | GP | W | D | L | GF | GA | Pts |
|---|---|---|---|---|---|---|---|
| Paraguay | 2 | 1 | 1 | 0 | 1 | 1 | 4 |
| Italy | 2 | 0 | 2 | 0 | 2 | 2 | 2 |
| New Zealand | 2 | 0 | 2 | 0 | 2 | 2 | 2 |
| Slovakia | 2 | 0 | 1 | 1 | 1 | 1 | 1 |

SUNDAY RESULTS
Paraguay 2 Slovakia 0
Italy 1 New Zealand 1

**GROUP G**

| | GP | W | D | L | GF | GA | Pts |
|---|---|---|---|---|---|---|---|
| Brazil | 1 | 1 | 0 | 0 | 2 | 1 | 3 |
| Ivory Coast | 1 | 0 | 1 | 0 | 0 | 0 | 1 |
| Portugal | 1 | 0 | 1 | 0 | 0 | 0 | 1 |
| North Korea | 1 | 0 | 0 | 1 | 1 | 2 | 0 |

SUNDAY RESULTS
Brazil 3 Ivory Coast 1
TODAY'S GAME
North Korea vs. Portugal, 8:30 a.m.

**GROUP H**

| | GP | W | D | L | GF | GA | Pts |
|---|---|---|---|---|---|---|---|
| Chile | 1 | 1 | 0 | 0 | 1 | 0 | 3 |
| Switzerland | 1 | 1 | 0 | 0 | 1 | 0 | 3 |
| Honduras | 1 | 0 | 0 | 1 | 0 | 1 | 0 |
| Spain | 1 | 0 | 0 | 1 | 0 | 1 | 0 |

TODAY'S GAMES
Switzerland vs. Chile, 11 a.m.
Spain vs. Honduras, 3:30 p.m.

x - clinched berth in second round, all times AT



DAVID CANNON/GETTY IMAGES

Tommy Smith of New Zealand, right, clashes with Vincenzo Iaquinta of Italy in a World Cup Group F match at the Mbombela Stadium in Nelspruit, South Africa. The match was a 1-1 draw.

# Shock and draw

## Tiny New Zealand stuns Italy by forcing tie

**GROUP F RESULT**

**New Zealand 1 Italy 1**

**Defending champion Italy was held to another 1-1 draw yesterday, this time by New Zealand, in the latest World Cup surprise.**

The 78th-ranked All Whites took the lead in the seventh minute when the ball glanced off 36-year-old Italy captain Fabio Cannavaro, gifting a goal to Shane Smeltz. A long free kick from Simon Elliott sailed deep into Italy's area, deflected off Cannavaro's hip and went directly toward the waiting Smeltz for the tap in.

Riccardo Montolivo hit the post for Italy in the 27th, and Vincenzo Iaquinta equalized two minutes later with a penalty after Tommy Smith was shown a yellow card for tugging down Daniele De Rossi inside the area.

"We're just sorry we didn't win a match we could have," Italy coach Marcello Lippi said. "If we didn't win against New Zealand it's our fault. Once again the opponent scored on their first chance. We were able to control the game after that, but this was a match we should have won."

Iaquinta appeared to celebrate as if he were blowing a vuvuzela, the plastic trumpets that have become a symbol of the World Cup.

At the final whistle, however, the celebration was located in one corner of the Mbombela Stadium, where a small section of New Zealand fans marked their country's historic result by taking their shirts off and waving them around deliriously.

"I think that stopped the nation," New Zealand coach Ricki Herbert said. "It's the most incredible result we've had across the board. As a football coach, it's way above anything we've achieved in the history of the game."

THE ASSOCIATED PRESS

# It's crunch time for Ronaldo

**GROUP G PREVIEW**

**Portugal vs. North Korea**

The pressure will be on Cristiano Ronaldo to start producing goals when Portugal meets North Korea today, and he will be without Deco to feed him passes.

The Chelsea midfielder missed pre-match training at Green Point Stadium yesterday with a left hip injury and coach Carlos Queiroz ruled him out of the North Korea game.

Ronaldo said he hoped Deco could recover for the final group match against Brazil.

"Obviously Deco is always an important piece in the chess game," said Ronaldo.

Portugal is already without Manchester United winger Nani, who was ruled out of the World Cup before the tournament started.

"There were instances Deco didn't play, when Cristiano Ronaldo didn't play, and we were able to win nevertheless," said Queiroz.

Portugal will be looking for a big win, seeking to get a least one foot into the second round ahead of the last first-round game against Brazil next Friday.

"It is all or nothing as far we are concerned," said Queiroz.

North Korea, too, has the confidence, after it held Brazil before losing 2-1.

"We are going to put all of our efforts into the remaining two games and to win points — that is our main goal," said coach Kim Jong Hun, adding that his country might even go as far as the quarter-finals.

Brazil boosted North Korea's ambitions, beating Ivory Coast 3-1 yesterday. It left Brazil with a perfect six points from two games, ahead of Portugal with one point from one game and Ivory Coast with one point from two games. North Korea has none, but has a match in hand over Ivory Coast.

THE ASSOCIATED PRESS

### Scoring slump

- Cristiano Ronaldo hasn't found the net for his country in a competitive game since the 2008 European Championship.



ARMANDO FRANCA/THE ASSOCIATED PRESS

Cristiano Ronaldo runs during a training session yesterday.

# Brazil gets a hand in victory over Ivory Coast

**GROUP G RESULT**

**Brazil 3 Ivory Coast 1**

Brute force and hand balls aside, Brazil achieved its first objective at the World Cup: Advancing out of Group G.

Luis Fabiano scored a pair of goals, one with the aid of touches with his hand, while Elano added another as Brazil beat Ivory Coast 3-1 yesterday to secure a spot in the second round from Group G. In a physical match that saw Brazil star Kaka ejected with two late yellow cards, the five-time champions showed they can deal out the rough stuff with the pretty plays.

"It's true, the ball really touched my hand and then my shoulder," Luis Fabiano said of his second goal. "But it was involuntary. It was one of the greatest goals I've scored in my career."

Fabiano got his first goal in six matches for the national team with a powerful right-footed shot in the 25th minute after a perfect pass by Kaka between defenders. Fabiano added to the lead in the 50th with his left foot from near the penalty spot after beating two defenders inside the area — helped by his sleight-of-hand.

Ivory Coast coach Sven-Goran Eriksson was livid that the second goal counted. "It shouldn't have been allowed," Eriksson said. "They got a goal free. That's a two-nil goal — that changed everything.

Didier Drogba, playing from the start for the first time after breaking his right arm, scored the lone goal for Ivory Coast with a header in the 79th.

THE ASSOCIATED PRESS

### Paraguay wins

- Enrique Vera and Cristian Riveros each scored yesterday as Paraguay took a big step toward the round of 16 with a 2-0 win over Slovakia.

## World Cup in brief

**SOCCEROOS** Tim Cahill and Lucas Neill have appealed to fans not to give up on Australia ahead of its match against Serbia. Cahill was suspended as the Australians, despite an early red card for Harry Kewell, held on for a 1-1 draw with Ghana Saturday that kept their hopes of progressing alive.

**ARREST** An England fan has been arrested and charged with trespassing for allegedly entering the national team's locker room following a 0-0 draw with Algeria. South African police said the fan was arrested yesterday morning.

THE ASSOCIATED PRESS

**Ruling helps Johnson end drought**

A NASCAR ruling cost Marcos Ambrose his first career Sprint Cup Series victory yesterday when he stalled his car under a late caution at Infineon Raceway and was forced to forfeit his lead to Jimmie Johnson. Johnson went on to win his first career Cup race on a road course and ended a 10-week victory drought for the four-time defending series champion. THE ASSOCIATED PRESS

# Sports



## Gaga banned from locker-room

**Lady Gaga can still play Yankee Stadium — she just has to follow the ground rules. The outlandish pop singer, left, talked her way past security and visited the Yankees clubhouse after the team lost to the New York Mets Friday night. The New York Post reported yesterday that Yankees co-chairman Hal Steinbrenner was upset with Lady Gaga's antics and permanently barred her from the locker-room.** THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

# McDowell steadies as stars fade

## Golfer from Northern Ireland becomes first European to win U.S. Open in 40 years

**In a U.S. Open with golf's biggest stars on the leaderboard, it was Graeme McDowell who played like one.**

McDowell seized control after a shocking collapse by Dustin Johnson, then failed to get flustered with Tiger Woods, Phil Mickelson and Ernie Els lined up behind him. The 30-year-old from Northern Ireland wasn't perfect, but he was good enough.

He closed with a 3-over 74 to become the first European in 40 years to capture the U.S. Open, getting an embrace on the 18th green from his father.

"You're something, kid," Kenny McDowell said, speaking for thousands who watched this unlikely Open unfold along the Pacific coastline.

It was a final round no one expected.

Johnson took a triple bogey on the second hole to lose all of his three-shot lead, and a double bogey on the next hole ended his hopes. Three of the biggest stars of this generation were right there, ready to continue the lineage of great champions at Pebble Beach, only to play far below their expectations.

McDowell made only one birdie — an eight-foot birdie putt on the fifth hole — and his final round was the highest score by a U.S. Open champion since Andy North in 1985.



CHRIS CARLSON/THE ASSOCIATED PRESS

Graeme McDowell of Northern Ireland reacts at the trophy ceremony after winning the U.S. Open golf tournament yesterday.

No matter. It added up to a one-shot victory over another surprise contender, Gregory Havret of France, who shot 72.

"I can't believe I'm standing with this right now," McDowell said, posing with silver trophy. "It's a dream come true. I've been dreaming it all my life. Two putts to win the U.S. Open. Can't believe it happened."

Woods couldn't believe it, either.

Poised to end six months of bad publicity over a shattered personal life, he bogeyed five of his first 10 holes and took himself out of contention with a 75.

Els and Mickelson hung around a little longer, and both had opportunities, but neither could capitalize.

Mike Weir of Bright's Grove, Ont., finished tied for 80th.

THE ASSOCIATED PRESS

# Kanaan ends slump in Iowa 250

**IRL** Tony Kanaan went to bed Saturday night in a foul mood after qualifying 15th at a track that's brought him nothing but frustration.

He woke yesterday determined not to let his shaky past at the Iowa Speedway or anywhere else dictate how he ran the Iowa 250.

Kanaan overtook fellow Brazilian Helio Castroneves with 10 laps left and held on to win at Iowa yesterday, erasing three crash-filled years of history at the speedy short oval.

It was the first win since 2008 for Kanaan, who last took the checkered flag in Richmond two years ago. Kanaan ran into contact in each of his first three starts at Iowa, but he zipped past Castroneves on lap 240 and cruised to victory by over four seconds.

"I've had three years to think about why I didn't finish. When I came here people kept reminding me of that," said Kanaan, who led for 62 laps. "I never finished, and then I finished. I finished first, so now we have a different story."

Castroneves finished second and E.J. Viso was a career-best third. Penske teammates Ryan Briscoe and pole winner Will Power rounded out the top five. THE ASSOCIATED PRESS

# Blue Jay fulfils father's dying wish with homer

**BASEBALL** John McDonald's bottom lip quivered as he recalled the conversation with his late father, Jack.

They were talking about what kind of player the light-hitting utility infielder was, and Jack had a request for his son.

"Hit your next home run for me," he said, shortly before he died from liver cancer Tuesday.

John McDonald obliged. In his first at-bat after the funeral Friday. On Father's Day.

His first thought as he was rounding the bases?

"Probably the fact that I couldn't call my dad after the game," McDonald said, the corner of his eyes dampening.

"I think it was for both of us ... The fact I got that out of the way quick was nice. I told him they're not that easy to hit."

On most days, the light-hitting infielder's home run in the ninth inning of a 9-6 Toronto Blue Jays loss to the San Francisco Giants would be a footnote. Yesterday, it was one of those rare times in sports when a single moment supersedes victories and losses.

"I think it brought tears to just about everyone's eyes," said manager Cito Gaston.

McDonald rejoined his teammates Saturday and was only seeing action yesterday as a late-inning replacement for second baseman Aaron Hill in a blowout game. But he welcomed the opportunity to play, jumped all over an 0-1 curveball from Jeremy Affeldt and sent his first of the season just over the left-field wall.



TONY ROCK/CORSTAN NEWS SERVICE

Toronto Blue Jay John McDonald hits a home run in the ninth inning yesterday, scoring Fred Lewis.

He pumped his fist as the ball disappeared into the bullpen.

"My dad wanted me to be here for Father's Day," said McDonald, who has a young daughter. "I'm not usually happy or excited post-game after a loss, but it was a special moment for our family."

For his teammates, too.

McDonald was given an emotional reception in the Blue Jays dugout, and then was hugged by Vernon Wells, Hill, Shaun Marcum and Casey Janssen in the tunnel to the clubhouse.

"We cried on each other's shoulders for a good 30 seconds," said Wells. "When it went out it was instant goosebumps. Wins and losses don't really matter at that point, that was one of the most special moments I've gotten to see in this game." THE CANADIAN PRESS

## SCOREBOARD

**BASEBALL**

**YESTERDAY'S NL RESULTS**

Milwaukee 6 Colorado 1

**YESTERDAY'S INTERLEAGUE RESULTS**

San Francisco 9 Toronto 6
Atlanta 8 Kansas City 5
Chicago Cubs 12 L.A. Angels 1
Chicago White Sox 6 Washington 3
Detroit 3 Arizona 1
Florida 4 Tampa Bay 1
Minnesota 4 Philadelphia 1
N.Y. Yankees 4 N.Y. Mets 0
Oakland 3 St. Louis 2
Pittsburgh 5 Cleveland 3
San Diego 9 Baltimore 4
Seattle 1 Cincinnati 0
Texas 5 Houston 4 (10 ings)
Boston 2 L.A. Dodgers 0

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**Grizzlies sign GM to an extension**
Memphis Grizzlies general manager Chris Wallace has signed a multi-year contract extension that gives the team continuity among its leadership. The team announced yesterday that Wallace had agreed to the deal, though neither the Grizzlies nor Wallace would discuss its length or financial terms. THE ASSOCIATED PRESS

## Carquest Tour opens in Antigonish

**AUTO RACING** Timberlea's Wayne Smith came up just short in a fierce season-opening battle on the Carquest Pro Stock Tour on Saturday.


Wayne Smith

Smith, a five-time tour champion, finished second, just 0.317 of a second behind winner Greg Proude of Springvale, P.E.I., at the Ron MacGillivray 100 at Riverside Speedway near Antigonish on Saturday.

Antigonish's Donald Chisholm came third, while defending Carquest champion Turple placed fourth and grabbed the most-laps-led award after leading for more than half the race. Kent Vincent of Crapaud, P.E.I., rounded out the top five.

The tour is back on the track this coming Saturday with the Parts for Trucks 100 in Oyster Bed Bridge, P.E.I. METRO HALIFAX

# Adding to the collection

## Decorated provincial-level golfer wins NSGA's mid-amateur championship

MATTHEW WUEST
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**Leon Carter is no stranger to winning provincial golf titles, but he added a new plaque to his collection yesterday.**

The 38-year-old Dundee standout carded an even-par 72 in the final round to win the Nova Scotia Golf Association men's mid-amateur (ages 25 and older) championship by four strokes at the Greenwood Golf Club in Greenwood, Kings Co.

Carter has won four NSGA amateur titles (15 and older) in 14 attempts but had never triumphed at the mid-am. He also hasn't won a major provincial tournament since 2007, so he was happy to get back on track.

"There were shades of the old swing (this weekend)," Carter said. "I haven't hit the ball good in the last two or three years, but I've been hitting it pretty decent all summer. This is a good start (to the summer)."


NSGA
Leon Carter, right, accepts the winning plaque from Nova Scotia Golf Association president Doug McEwan after capturing the provincial men's mid-amateur title yesterday in Greenwood, Kings Co.

Carter, who resides in River Bourgeois, tied for 36th at last year's mid-amateur and had top-six finishes in both the mid-amateur and amateur two years ago.

Jody Swim of River Hills and Bobby Marriott of Granite Springs finished tied for second, each posting three-day totals of 5-over 221.

Aaron Nickerson of River Hills shot a three-day 222 to qualify for the fourth and final spot on the provincial team that will compete at nationals from Aug. 16 to 20 in Gatineau, Que.

Marriott had the lead heading into the final round but shot a 5-over 77 yesterday to give way to Carter, who said he "played it pretty conservative" after entering the day two strokes off the lead.

Carter made par on 14 of 18 holes and finished with two birdies and two bogies.

"Consistency was the key," Carter said. "I stayed out of the woods today, which I did for the most part over the weekend. I didn't put any big numbers."

Defending champion Trevor Chow of Ashburn finished seventh (8-over 224), one stroke behind both Darren MacPherson of Glen Arbour and Glenn Robinson of Ashburn.

## Japan's Miyazato moves to top of LPGA

**LPGA** Once Ai Miyazato of Japan stopped worrying about becoming the No. 1 player in women's golf, getting there was easy.

Dominating the LPGA Tour in a way akin to Annika Sorenstam and Lorena Ochoa, Miyazato cruised to her fourth win of the year and took over the top spot in women's golf with an impressive two-shot victory over M.J. Hur of South Korea in the reborn $1.5 million US ShopRite LPGA Classic yesterday.

"When I started playing in the States, that's when I really started thinking about being No. 1," Miyazato said. "That became a dream of mine, especially watching Annika and Lorena play. Now that I am No. 1, I still can't believe it, but I do feel very comfortable with it."

Miyazato, who turned 25 on Saturday, shot a 7-under 64 in winning for the first time in the United States, and for the fifth time since joining the tour in 2006.

Miyazato was machine-like on Seaview's Bay Course on Sunday in the shadow of Atlantic City. She started the final round of the 54-hole tournament two shots behind Hur and she had a piece of the lead after making a 15-foot birdie at No. 2 and a tap-in on the par-5 third hole. A three-foot birdie on No. 9 gave her sole possession of the lead and she opened daylight with a 15-footer on No. 10 and a 30-footer for birdie on the 14th hole.


MICHAEL COHEN/GETTY IMAGES
Ai Miyazato of Japan hits her drive on the second hole during the final round of the ShopRite LPGA Classic held yesterday at Dolce Seaview Resort, in Galloway, New Jersey.

The birdie on 10 came after she played out of a fairway bunker.

"I believe in myself and the game and no matter what the situation is or the pressure is I feel like I can play my game," said Miyazato, who had seven birdies and no bogeys over the final 18 holes.

While the winning margin was two shots, it was really never that close. Hur, the second-round leader, had to birdie the final three holes just to get second place.

Even when the 20-year-old Hur, who was playing in the group behind Miyazato, drew to within two shots with birdies at Nos. 16 and 17, the Japanese star responded. She hit her third shot within 10 feet and made the birdie.

"I said to myself I need one more good swing, one more good putt," Miyazato said. "So it was a good self-talk and I was really able to stay in control of myself out there."

Miyazato had a 54-hole total of 16-under 197 to earn a winner's check of $225,000, pushing her earnings this year to $830,238. THE ASSOCIATED PRESS

## Jays demote Encarnacion

**MLB** Edwin Encarnacion's extended slump has earned the Toronto Blue Jays third baseman a trip to triple-A Las Vegas, with infielder Jarrett Hoffpauir recalled to replace him.


Edwin Encarnacion

General manager Alex Anthopoulos made the move after yesterday's 9-6 loss to the San Francisco Giants in the hopes some time in the minors might help Encarnacion recapture his swing. He went 0-for-4 with an error before his demotion and is now 17-for-88 (.193) since being activated from the disabled list May 17.

Overall Encarnacion is batting .200 with nine homers and 22 RBIs, but too often has been all or nothing at the plate and inconsistent in the field.

The 27-year-old was acquired from Cincinnati last summer along with pitching prospects Zach Stewart and Josh Roenicke for third baseman Scott Rolen. THE CANADIAN PRESS

## Dartmouth paddler wins three medals in Germany

**CANOE-KAYAK** Dartmouth's Jason McCoombs found the podium three times at the Ruhr International sprint canoe-kayak regatta in Bochum, Germany, on the weekend.


Jason McCoombs

McCoombs, who competed in the junior men's category, claimed silver in the C-1 500 metres and bronze in the C-1 200 and C-1 1,000.

Halifax's Alexa Irvin was not far behind, finishing the weekend as a double-medallist. Irvin, competing in the under-23 women's category, took bronze in the K-1 1,000 and silver in the K-4 500.

Fall River's Michelle Russell, competing in the junior women's category, teamed up with Quebec's Andreane Langlois to win silver in the K-2 200.

McCoombs, Irvin, Russell and Dartmouth kayaker Adam Tenwolde have spent the past three weeks training in Europe, stopping in Lithuania, Hungary and Germany. METRO HALIFAX

## Dunbrack takes over first place

**SOCCER** Halifax Dunbrack has moved into sole possession of first place in the men's Nova Scotia Soccer League Premiership.

Dunbrack improved its record to 5-2 with a 3-0 drubbing of Highland yesterday in Antigonish, with goals from Ali Devereaux, Billy Connolly and Alex Cordoba.

Devereaux is making a statement to repeat as the league's Golden Boot Award winner, tied with Suburban's Ian Greedy with a league-best four goals.

Defending champion Halifax City (3-1) lost its first game of the year on Saturday, a 5-4 setback to Cape Breton. METRO HALIFAX

## Moosehead Dry sweep Sydney

**BASEBALL** Dartmouth Moosehead Dry hit the road on the weekend and swept the Sydney Sooners.

The defending Nova Scotia Senior Baseball League champions got past the Sooners 5-3 on Friday before sweeping a doubleheader on Saturday by scores of 5-3 and 8-0.

Dartmouth improves to 5-3, a game and a half behind first-place. METRO HALIFAX

**South African universities provide services, accommodation for FIFA**

As football fever sweeps across South Africa and the world, South African universities are contributing to the event through a number of initiatives, such as accommodation for teams and fans, access to sports facilities, exhibitions and soccer events. METRO NEWS SERVICES

# Workology

## Excellence in health care

**The Canadian College of Health Services Executives recently bestowed awards on individuals, teams and organizations that have exemplified leading practices across the health care system in Canada. They include: The Energy and Environmental Stewardship Award for Toronto's Sunnybrook Health Sciences Centre; the Health Care Safety Award for the Vancouver's B.C. Cancer Agency and the Nursing Leadership Award went to Jeanne Besner, a director at Alberta Health Services.** METRO NEWS SERVICES

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# Blacksmiths still forging steel in the 20th century

OddJobs



Diane Peters

Metronews.ca/oddjobs

Robb Thak loved art and reading history and fantasy books growing up. "As soon as I realized blacksmiths made all the armour, I knew that's what I wanted to do."

As a teen, he discovered that one of the top blacksmiths in southern Ontario lived down the road, and he offered classes: Thak took one and built himself a forge at home to practise.

Thak, who's now 41, kept asking if he could work in the shop. He asked about four times before the blacksmith caved in and let him start sweeping floors for $5 an hour.

Over the next four years, Thak got his basic training as a blacksmith. He married young and had kids, and those were "lean years," he recalls. So he quit to sell insurance.

That did not work out. After a year, he got a night job at a factory and did blacksmith work by day at the shop he'd set up on his parents' farm.

For six years, he honed his craft and built up a reputation. "These are not skills you learn over six months. It takes several years to get the hand-eye-coordination and the larger design and proportions right."

Finally, he was able to quit and rent his own shop. A few years later, he began sharing space with his father-in-law, who ran an auto repair shop in Floridale, a tiny village near Thak's home in Elmira. Eventually, his father-in-law moved to another location and Thak bought the building.

Now, Thak works from 6 a.m. until 5 p.m. six days a week. He takes Sunday off to be with his family (who also often help out in the shop).

Thak makes metal creations — mostly using steel, but sometimes copper and brass — ranging from small doorknockers to large, elaborate railings that sell for around $30,000.

His tools include a forge, which is a small and very hot furnace, a hammer and an anvil (yup, the thing Wile E. Coyote used on the Road Runner).

He heats up a piece of steel to around 2,000 F, which makes it as mouldable as clay. He has about a minute to use his hammer to shape it. Then it's back into the forge, and more hammering. The shape of the anvil is helpful as a tool to bend the steel in various ways.

Thak and his on-staff blacksmith work at the forge for about three hours a day: It's hot, exhausting work. For every two hours at the forge, a piece needs about three hours of addition work, including sanding, soldering and painting.



PHOTO SUBMITTED

Blacksmith Robb Thak, 41, from Thak Ironworks hammers away at his forge.

### The Lowdown

**Job title:** Blacksmith
**Salary:** Same as a contractor or tradesperson
**Education/training:** You learn through courses and on the job; there's no formal certification in Canada
**Best Part of the Job:** "I like the creating part at the forge. And I like working with creative people."
**Worst Part of the Job:** "The administrative work."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

## 2010, the year of the odd resumé

**Even as the job market improves, with unemployment still up there, job seekers have turned to unconventional methods to stand out from the competition.**

According to a new survey from CareerBuilder, nearly one-quarter of hiring managers (22 per cent) reported that they are seeing more job seekers try unusual tactics to capture their attention in 2010 compared to last year. This is up from 18 per cent of hiring managers who said the same in 2009 and 12 per cent in 2008.

"While we are seeing positive signs in the job market as employers gradually add headcount, competition is still high for open positions," said Jason Ferrara, senior career adviser at CareerBuilder. "As a result, more candidates are turning to unconventional tactics to attract the attention of hiring managers."

Some interesint applications include:

- Candidate brought in a DVD of his former boss giving him a recommendation.
- Candidate applying for a casino table game position came into my office and started dealing on my desk while pretending to talk to players, which showed me her guest service skills.
- Candidate sent in a letter that explained how to solve an issue our company was having with a certain type of technology.

METRO NEWS SERVICES

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**Jackson kids go to school**

Michael Jackson's mother Katherine is quoted as saying that the late pop star's children will attend school for the first time this year. She told Britain's Mail on Sunday tabloid that Jackson's three children — Prince, 13, Paris, 12, and Blanket, 8 — have had private lessons up until now. METRO NEWS SERVICES

# Entertainment



**Surfer trial**

A judge has declared a mistrial for a second time in a battery case against two surfers accused of attacking a photographer who tried to photograph actor Matthew McConaughey on a Malibu beach.

METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

# Hedley, Bieber win big at MMVAs

**The MuchMusic Video Awards were pretty much perfect for B.C. pop-punkers Hedley, who took a leading three trophies at last night's outdoor bash.**

The Abbotsford, B.C., natives won awards for video of the year and post-production of the year for Perfect and pop video of the year for Cha-ching.

"Thank you guys so much," said lead singer Jacob Hoggard before turning his attention to shirtless Jersey Shore star Pauly D, who presented the award. "I'd like to thank Pauly's left and right nipples as well."

But teen sensation Justin Bieber, who matched their three awards, may have been the evening's biggest winner, sweeping all of his nominations and taking home two fan-voted titles. He won the viewer choice awards for best video and best new artist and, also took the prize for international video by a Canadian for his smash collaboration with Ludacris, Baby.

"Coming from a small town in Canada — repping Stratford, Ont. — I just wanna say, this means the world to me," said a grinning Bieber. "It's my first award, and to have it in Canada is just amazing."

Hard-rockers Billy Talent also took a pair of trophies, including rock video of the year, while Toronto rap star Drake and collaborator Trey Songz won two trophies for their song Successful (cinematography of the year and hip-hop video of the year).

Show co-host Miley Cyrus wasn't shut out either. The 17-year-old won the award for international video of the year by an artist for her upbeat single, Party in the U.S.A. She opened the show with a performance of the song, stomping around the stage in leather hot pants and a bikini while pyro popped overhead.

THE CANADIAN PRESS



DARREN CALABRESE/THE CANADIAN PRESS

Hedley pose for a photo with one of their 2010 MMVA trophies on the red carpet.

**"It's my first award, and to have it in Canada is just amazing."**
Justin Bieber

ScanLife

Scan this code for more photos, a complete list of winners and comments from artists at the MMVAs

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# Cyndi sings the blues

**New wave diva, wrestling maven, Celebrity Apprentice, Gay Pride Grand Marshall, anti-discrimination activist,**

Time after time, Cyndi Lauper finds a way to stay in the public eye. Mostly through a series of re-inventions, and for her latest, the lady sings the blues.

On the line from New York, Lauper is bubbly and focused on Memphis Blues, a collection of classic Stax-era tunes given the Lauper treatment. Lest you think this is a serious changeup for the lady, she says it ain't so.

"My interest in the blues goes back to a kid in her bedroom singing the songs of ('50s R&B shouter) Big Mabel, who's had a place in my music ever since. In the Nineties I was mixing pop with hip hop, which put me in a place close to where I could think of this album again".

The genesis of this long-coming album is a 1987 dream starring pianist Oscar Peterson.

"For the last 10 years it's been more or less 'Best Of' albums. I wanted to put out something and it seemed like good time to get that blues album I had in me out there".



Cyndi Lauper's Memphis Blues is available tomorrow.

The timing involved here is both topical and canny. Dropping a blues album gives Lauper access to a whole new audience and the soulful cachet to get onto rootsy events like the Montreal Jazzfest (July 4).

"Uplifting" would be a good way to describe the dream in which Peterson appeared and suggested Cyndi should be redoing old blues tunes, just like Janis Joplin did, to bring them to a new audience.

"In the dream I was an a—hole, giving Oscar lip when I should have been singing with the guy. But it stuck, and that's basically the motivation behind the album."

The result is Memphis Blues, which is set to drop on Lauper's birthday tomorrow, 12 Stax-style electric blues excursions covering genre cult fave songwriters including Charlie Spand, Tracey Nelson and Memphis Slim.

**"I see my influence everywhere; I also see the influence of Madonna and Cher. Everybody influences everybody. It's ok for Lady Gaga to grab whatever influences because she's a performance artist."** Cyndi Lauper

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6:30 pm – 8:30 pm

Thursday, June 24th, 2010
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8 Miley Cyrus - Can't Be Tamed
7 Eminem - Not Afraid
6 Jason Derulo - Ridin' Solo
5 3OH!3 Ft Ke$ha - My First Kiss
4 Adam Lambert - If I Had You
3 Katy Perry Ft Snoop - California Gurls
2 B.o.B Ft Hayley Williams & Eminem - Airplanes
1 Drake - Find Your Love
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| HA | H | D | B | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 6/21/10 primetime | 31 | 31 | 31 ABC | News Center 5 | World News | Inside Edition | Chronicle | The Bachelorette The men travel to Iceland with Ali. (N) | | | | True Beauty |
| | 7 | 7 | 7 ASN | Road to Avonlea (DVS) | | Canada's Worst Driver | | The Listener (DVS) | | *The Rival* (2006, Suspense) Tracy Nelson. | | |
| | 11 | 11 | 11 CBC | Wheel Fortune | World Cup Soccer Match of the Day. (HDTV) | | | | | CBC News: The National | | Soccer |
| | 2 | 2 | 2 CBC-F | Chère Betty (HDTV) (SC) | | Squelettes | Les Parent (N) | Les Chefs (SC) | | Bons baisers de France (SC) | | Le Téléjournal |
| | 32 | 32 | 32 CBS | WBZ News (N) | Evening News | Wheel Fortune | Jeopardy! (N) | How I Met | Engagement | Two/Half Men | Big Bang | CSI: Miami |
| | 69 | 69 | 69 CFTM | TVA nouvelles | Sucré-salé | Les Gags (SC) | Sketch Show | Monk (HDTV) | | Teste sur des humains (N) | | TVA nouvelles |
| | 6 | 6 | 6 CIHF | Entertainment | ET Canada | In Plain Sight | | Lie to Me (HDTV PA) (N) | | The Good Guys (N) | | News Final (N) |
| | 9 | 9 | 9 CJCH | etalk | Access H. | CSI: Miami "In the Wind" | | Hiccups (N) | Dan for Mayor | Two/Half Men | Big Bang | CTV News |
| | 10 | 10 | 10 ELTV | Garden | Fishing | EastLink Mag. | Au Natural | Doc Talk | Community Matters | | | |
| | 36 | 36 | 36 FOX | Seinfeld | The Simpsons | Two/Half Men | Two/Half Men | Lie to Me (HDTV PA) (N) | | The Good Guys (N) | | Fox First |
| | 12 | 12 | 12 NBC | News (N) | Nightly News | Access H. | Extra (N) | Last Comic Standing | | Last Comic Standing (N) | | Persons Unk. |
| | 29 | 29 | 29 NW | (6) Power & Politics | | The Lang & O'Leary Exchange | | Connect with Mark Kelley (N) | | CBC News: The National | | Jackson |
| | 4 | 4 | 4 PBS-B | PBS NewsHour (N) | | Greater Boston | Travels-Edge | Antiques Roadshow | | History Detectives (N) | | Korean War |
| | 35 | 35 | 35 PBS-D | PBS NewsHour (N) | | Business Rpt. | Steves Europe | Antiques Roadshow | | History Detectives (N) | | Korean War |
| | 68 | 68 | 68 TQS | Guerre clans | Atomes croch | Wipeout (SC) | Taxi payant | CSI: NY "Filles d'enfer" (SC) | | CSI: NY (SC) | | Criss Angel |
| news | 23 | 96 | 96 BNN | Business News | Headline | Market Call Tonight | | MoneyTalk | Market Call | Squeeze Play | | Business News |
| | 18 | 18 | 18 CNN | Situation Room | | John King, USA (N) | | Campbell Brown (N) | | Larry King Live (N) | | Cooper 360 |
| sports | 54 | 54 | 54 GOLF | Golf Central | Golf Fitness | The Golf Fix (HDTV) (Live) | | Big Break | Big Break | Big Break Sandals Resorts (N) | | The Golf Fix |
| | 52 | 52 | 52 RSE | Connected W-Prime Time | | Saturday Night Poker | | Air Racing | | The Ultimate Fighter (HDTV) | | Sportsnet Con. |
| | 55 | 55 | 55 SCOR | Red Heat | Covers Experts | Bet Night Live | | | | (10:15) WWE Monday Night RAW | | |
| | 45 | 45 | 45 SPD | Race in 60 (HDTV) | | NASCAR Smart | NASCAR Hub | Ultimate Factories "BMW" | | Ultimate Factories (HDTV) | | Racing Chef |
| | 53 | 53 | 53 TSN | Off the Record | SportsCentre | Draft Ranking | Golf Telus Skins Game. (HDTV) Day One. | | | | | SportsCentre |
| family | 43 | 43 | 43 FAM | Han. Montana | Wizards-Place | Sonny-Chance | Suite Life | Overruled! | Han. Montana | Wizards-Place | Latest Buzz | Ned's School |
| | 44 | 44 | 44 TOON | Jimmy Two | Johnny Test | Johnny Test | Total Drama | Total Drama | 6TEEN | Futurama | King of the Hill | American Dad |
| | 26 | 26 | 26 TREE | Guess-Jess | 3rd and Bird | Backyardigans | Night Garden | Waybuloo | Toopy & Binoo | Franklin | Bucket-Dinos | Little Bear |
| | 27 | 27 | 27 YTV | iCarly | To Be Indie | Survive This | Survive This | In Real Life | | Survive This | That's-Weird | To Be Indie |
| cable variety | 16 | 16 | 16 A&E | The First 48 | | The First 48 (HDTV) | | Intervention "Asa" | | Intervention "Joey" | | Intervention |
| | 70 | 70 | 70 APTN | Gilles Sioui Sur Six Cordes | | Chants de la détermiNATION | | Last Call Indien | | Hip-hop tout en couleurs! | | |
| | 50 | 50 | 50 BET | 106 & Park: BET's Top 10 Live | | | | *The Jacksons: An American Dream* ★★ (1992, Drama) | | | | M. Jackson |
| | 37 | 37 | 37 BRVO | Wind at My Back | | Strictly Bolshoi Moscow's Bolshoi Ballet. | | | Liberamae | Death in Venice | | |
| | 25 | 25 | 25 CMT | Project Mom | Project Mom | Due South | | Amer. Funniest Home Videos | | According-Jim | According-Jim | Greatest |
| | 49 | 49 | 49 COM | Just for Laughs | | Air Farce | 22 Minutes | Corner Gas | Name Is Earl | The Simpsons | South Park | Chris Rock: Kill |
| | 153 | 153 | 153 COURT | W-FIVE | | Killer Next Door | | LA Forensics | Criminals | Killer Next Door | | Killer, Door |
| | 38 | 38 | 38 DISC | Canada's Worst Handyman | | Daily Planet (N) | | MythBusters | | Dirty Jobs | | Amer. Loggers |
| | 34 | 48 | 48 HGTV | Holmes on Homes | | House Hunters | Property Virgin | For Rent | My First Place | Home to Flip | Property Virgin | House Hunters |
| | 46 | 46 | 46 HIST | Massacre at Verrieres Ridge | | Dogfights "Desert Aces" | | Greatest Tank Battles | | *The Hunt for Red October* ★★★ (1990) | | |
| | 17 | 17 | 17 MM | Buffy the Vampire Slayer | | Secret Life of American Teen | | Secret Life of American Teen | | When I Was 17 | Hard Times | Hard Times |
| | 19 | 19 | 19 MMM | mmtop10.ca | | The Daily Fix | | Ranked! | | mmtop10.ca | | Raising, Bar |
| | 201 | 201 | 201 M1 | (6:25) *Harry Potter and the Half-Blood Prince* (2009) | | | | Nurse Jackie | U.S. of Tara | Penn & Teller | Gravity | Real L Word |
| | 48 | 23 | 23 OLN | Mantracker | | Ghost Hunters | | Destination Truth | | Operate-Repo | Operate-Repo | UFO Hunters |
| | 51 | 51 | 51 PEACH | The Office | The Office | Family Guy | Family Guy | House-Payne | House/Payne | Law & Order: SVU | | Seinfeld |
| | 206 | 206 | 206 PIX | (4:45) *JFK* (1991) | | (8:15) *Inferno* ★★ (1999, Suspense) Ray Liotta. | | | | *Kids in the Hall: Brain Candy* ★★ (1996) | | |
| | 67 | 67 | 67 RDI | RDI monde | RDI économie | 24 Heures en 60 minutes | | Grands reportages (SC) | | Le Téléjournal (SC) | | RDI économie |
| | 39 | 39 | 39 SHOW | Trailer Park | Trailer Park | Painkiller Jane | | *Hybrid* (2007, Suspense) Justine Bateman, Cory Monteith. | | | | Misfits |
| | 40 | 40 | 40 SLICE | Til Debt-Part | Wedding SOS | Rich Bride Poor Bride | | Bulging Brides | Bulging Brides | Rich Bride Poor Bride | | Matchmaker |
| | 47 | 47 | 47 SPACE | Stargate SG-1 (DVS) | | Stargate Atlantis (DVS) | | Doctor Who | | *Pumpkinhead* ★★ (1988, Horror) | | |
| | 14 | 14 | 14 SPIKE | CSI: Crime Scene Investigat'n | | Ways to Die | Wild World | Disorderly Conduct: Video | | Disorderly Conduct: Video | | Entourage |
| | 57 | 98 | 98 STAR | etalk | TMZ (N) | Look-A-Like | TMZ | The Ellen DeGeneres Show | | The View (HDTV) (N) | | Dr. Oz Show |
| | 21 | 21 | 21 TLC | Say Yes, Dress | Say Yes, Dress | Little People | Little People | Cake Boss: Ultimate Cake | | Cake Boss (N) | Cake Boss (N) | Inedible, Incre. |
| | 56 | 34 | 34 TROP | Restaurant Makeover | | Colin & Justin's Home Heist | | Wipeout | | Wipeout | | Parking Wars |
| | 20 | 20 | 20 TV5 | Que.-champion | Journal de Fr2 | Un Village français | | Apocalypse | | (9:55) Apocalypse | | Survivre |
| | 28 | 28 | 28 V | Doc (DVS) | | Murder, She Wrote | | Birds/ Feather | Wait for God | Blue Murder "Private Sins" | | ideaCity |
| | 60 | 97 | 97 VIVA | Dark Waters of Crime | | Cold Case "Red Glare" | | Missing | | The Closer | | Cold Case |
| | 22 | 22 | 22 W | House-Sell | House | Kim | How Clean | Clean | Kim | Love It or List It | | Love It-List It |
| | 251 | 251 | 251 WGN | WGN Evening News | | Two/Half Men | Family Guy | 90210 (HDTV) | | Gossip Girl (HDTV) | | News at Nine |

## critics' corner

**CSI: Miami**
Is it just us, or is Eric Delko (Adam Rodriguez) coming back more often than Cher? Oh. It's just us? OK. Well, he's back again to help work a case in which Horatio (David Caruso) and the CSIs have just 24 hours to determine if a man on death row is really guilty. 8 PM on CJCH



**Persons Unknown**
After a week of failed escape attempts, tension grows within the group. A hovering helicopter briefly revives hopes of rescue, but it merely drops a mysterious box. Rénbe (Gerald Kyd) puts himself back on the case of Janet's (Daisy Betts) disappearance, although he has been warned to stop his investigation. Alan Ruck, Jason Wiles and Sean O'Bryan also star in the new episode "The Way Through." 11 PM on NBC

**Michael Jackson, What Happened Next**
After Michael Jackson was acquitted of child molestation charges in 2006 and went into a self-imposed exile, writer and fan Jacques Peretti went in search of answers about the King of Pop, his life and what led him down his self-destructive path. 11 PM on NW



**Jolie visit Haiti as UN goodwill ambassador**

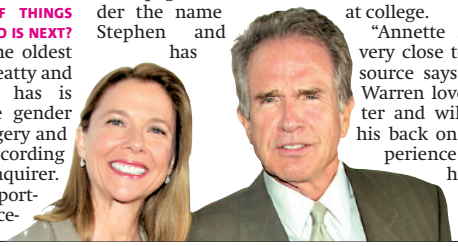
Actress Angelina Jolie has quietly returned to Haiti for meetings with Haitian and U.N. officials. The weekend visit by the "goodwill ambassador" for the United Nations High Commissioner for Refugees was not announced to keep it low-profile. THE ASSOCIATED PRESS

## Celebrity Buzz

# Beatty, Bening's girl to have sex change?

**FIRST CHAZ BONO, NOW STEPHEN BEATTY, IF THINGS COME IN THREES WHO IS NEXT?** Kathlyn Beatty, the oldest child of Warren Beatty and Annette Bening, has is planning to have gender reassignment surgery and live as a man, according to the National Enquirer.

Kathlyn has reportedly started a Facebook page under the name Stephen and has started dressing as a man at college.



"Annette still remains very close to Kathlyn," a source says. "And while Warren loves his daughter and will never turn his back on her, this experience is crushing him."

METRO WORLD NEWS

# Dreyfuss can't play himself

**I GUESS IT'S BACK TO ACTING SCHOOL FOR THE OSCAR WINNER** Apparently Richard Dreyfuss doesn't do a very good Richard Dreyfuss impression. The Oscar-winning actor was dropped from a radio show when he called in because the show's producers assumed he was an imposter, according to Page Six.



Dreyfuss was calling to support pal David Black, who was on the show to promote his new book. Black assured the producers that it was in fact Dreyfuss, who called back and managed to get on the air.

METRO WORLD NEWS

# Shia woos Carey's folks

**LET'S HOPE HER PARENTS DON'T READ THE TABLOID STORIES OF HIS PAST ARRESTS** Shia LaBeouf has already won Carey Mulligan's heart, but he apparently also wanted to make sure her parents love him, too. On a recent trip to London, the Transformers star did his best to woo his British girlfriend's mom and dad, according to the National Enquirer.

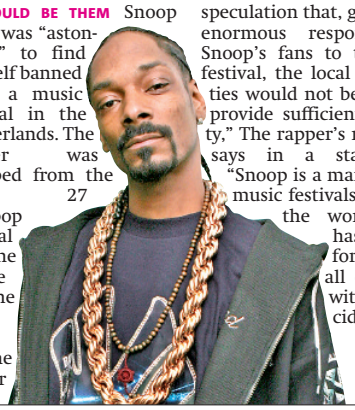


"Her parents were worried that Shia was just another Hollywood player who would hurt Carey," a source says. "Shia did his best to prove he's the real deal." His best reportedly included bringing a Hermes scarf for Mulligan's mother and an iPad for her father.

METRO WORLD NEWS

# Dutch officials ban Snoop from festival

**IF THERE WAS ONE COUNTRY THAT SHOULD LOVE FAMOUS POT-HEADS YOU WOULD THINK IT WOULD BE THEM** Snoop Dogg was "astonished" to find himself banned from a music festival in the Netherlands. The rapper was bumped from the June 27 Parkpop festival in the Hague at the request of the mayor and local law enforcement, according to the BBC.



"There's been much speculation that, given the enormous response by Snoop's fans to the free festival, the local authorities would not be able to provide sufficient security," The rapper's manager says in a statement. "Snoop is a mainstay at music festivals all over the world and has performed at all of these without incident."

METRO WORLD NEWS

# Rachel, Hayden on a 'break'

**HIS JEDI POWERS HAVE WORN OFF** Rachel Bilson and Hayden Christensen, who announced their engagement last year, are now "taking a break," a source tells Us Weekly.



The pair are reportedly "taking about a month off" from their relationship before revisiting it to see if they should stay together. Bilson showed up at an E3 party in L.A. last week without her engagement ring. When asked about any wedding plans, she said, "No, no plans," pointing to her bare hand. "No nothing."

METRO WORLD NEWS

Follow these celebrities on Twitter...

## CelebTweets

**LINDSAY LOHAN** is standing up for her mom, **KIM KARDASHIAN** is trying to enjoy her meal, **JUSTIN BIEBER** uses his Twitter account to flirt, and **AMANDA BYNES** is looking for a new career.

@lindsaylohan
ashley swan from carvel is unprofessional & lied about my mother grrrr! she should be fired. meanie

@KimKardashian
EWW Im at lunch,the woman at the table next 2 me is breast feeding her baby w no coverup then puts baby on the table and changes her diaper

@justinbieber
how u doin ladies ;)

@chicky
I don't love acting anymore so I've stopped doing it. I know 24 is a young age to retire but you heard it here first I've retired



METRO NEWS SERVICES







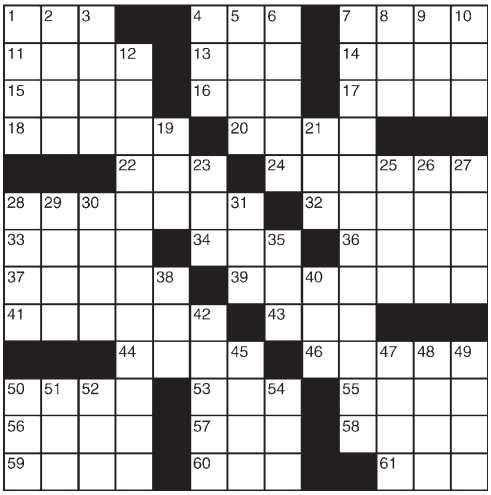


The Weather Network ©The Weather Network 2010
Today Showers 40% 23°/ 12°
Tuesday Mainly sunny 26° / 13°
Wednesday Partly cloudy 22°/ 15°
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# Take Five



**ACROSS**

1 "Holy mackerel!"
4 Stir-fry pan
7 Campus area, for short
11 Baghdad's land
13 Commotion
14 Incite
15 List of options
16 Knight's address
17 Unsigned (Abbr.)
18 Accordion feature
20 Approach
22 Tatter
24 Toward the rear of a ship
28 Actress Gwyneth
32 Old photo color
33 Lotion additive
34 Society newcomer
36 Depend (on)
37 Memorize
39 8 pecks = 2 —
41 Someone who belongs
43 Sticky stuff
44 Teensy bit
46 Muscle
50 Platter
53 Erstwhile acorn
55 Foolproof
56 Snug corner
57 Emulate Picabo Street
58 Greek vowels
59 Pismires
60 Cowboy nickname
61 Choose

**DOWN**

1 Chicken (out)
2 Hershiser of baseball
3 Decline
4 Existed
5 Valhalla bigwig
6 "M*A*S*H" locale
7 Track runner, maybe
8 Coffee vessel
9 Past
10 Lair
12 Gridiron VIPs
19 Pitch
21 Foolish one
23 Deity
25 Duel tool
26 Streamlet
27 Unfavorable votes
28 Coconut provider
29 Sheltered
30 Clayey soil
31 Symbol of intrigue
35 Insect
38 Profit
40 Weep loudly
42 Perch
45 Create
47 Car
48 Christmas paper
49 Egg container?
50 Genetic substance
51 Charged bit
52 Drunkard
54 Country singer Brooks

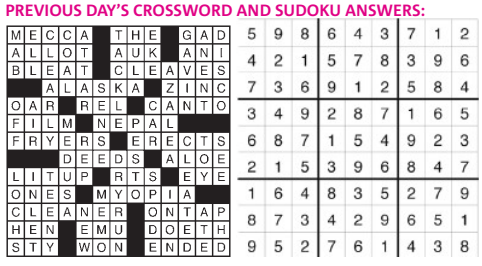
## Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | 4 | 5 | | | 9 | |
| | | | 9 | 1 | 3 | | 7 | |
| 3 | | | | | 2 | 4 | | |
| 9 | | | | | | 5 | | 7 |
| | | | 8 | | 7 | | | |
| 8 | | 6 | | | | | | 1 |
| | | 1 | 6 | | | | | 2 |
| | 3 | | 5 | 7 | 1 | | | |
| | 6 | | | 4 | 8 | | | |

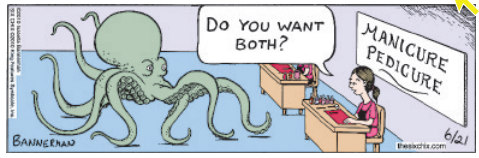
**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**



| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 9 | 8 | 6 | 4 | 3 | 7 | 1 | 2 |
| 4 | 2 | 1 | 5 | 7 | 8 | 3 | 9 | 6 |
| 7 | 3 | 6 | 9 | 1 | 2 | 5 | 8 | 4 |
| 3 | 4 | 9 | 2 | 8 | 7 | 1 | 6 | 5 |
| 6 | 8 | 7 | 1 | 5 | 4 | 9 | 2 | 3 |
| 2 | 1 | 5 | 3 | 9 | 6 | 8 | 4 | 7 |
| 1 | 6 | 4 | 8 | 3 | 5 | 2 | 7 | 9 |
| 8 | 7 | 3 | 4 | 2 | 9 | 6 | 5 | 1 |
| 9 | 5 | 2 | 7 | 6 | 1 | 4 | 3 | 8 |

## On the web

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## Metro Recipe of the Day



### Stir-fried Chicken and Avocado Salad with Hot Balsamic Dressing

**INGREDIENTS:**

Chicken
500 g boneless, skinless chicken breasts
2 tsp olive oil
2 large garlic cloves, slivered
2 tbsp honey
1 tbsp grainy mustard
1 tbsp balsamic vinegar
6 strips turkey bacon, diced

Salad
2 heads Boston lettuce, leaves
1 bunch watercress
2 avocados
3 tbsp lemon juice
2 cups cherry tomatoes
1 small red onion

**METHOD:**

1. For salad, place lettuce leaves in large salad bowl. Trim tips of watercress and toss with lettuce. Peel and halve avocados; discard pits. Slice avocados lengthwise, 1 cm thick, and toss with lemon juice. Halve tomatoes and slice onion into thin slivers. Scatter avocados, tomatoes and red onion on top of salad and refrigerate.
2. Cut chicken lengthwise into 2.5 cm wide strips. In large skillet, heat oil over medium-high heat. Add chicken and garlic; stir-fry until chicken turns opaque, 3 minutes.
3. Add honey, mustard and vinegar; mix well. Add turkey bacon and stir-fry until bacon is cooked and chicken is tender and moist, 3 minutes.
4. Spoon chicken strips, bacon and any remaining liquid on top of salad. Serve with wedges of warm, crusty bread.

**SERVES 8**

**rd.ca**

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**




## Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

**ARIES** ♈
**MARCH 21-APRIL 20**
After several weeks in which you have been free to come and go as you please you now have to stay in one place for a while.

**TAURUS** ♉
**APRIL 21-MAY 21**
You may not completely understand the changes now taking place but if you go with the flow you may find you quite like them.

**GEMINI** ♊
**MAY 22-JUNE 21**
If you work hard and aim high it's more than possible that you will come into money in the near future.

**CANCER** ♋
**JUNE 22-JULY 22**
A new solar year begins today but you don't have to rush here, there and everywhere — at least not yet. Keep your options open.

**LEO** ♌
**JULY 23-AUG 23**
Like it or not you will have to let go of something you would rather keep hold of. You know it is limiting your options.

**VIRGO** ♍
**AUG 24-SEPT 22**
If you want others to trust you more you are going to have to earn it. Your task for today is to show you are serious about joint projects.

**LIBRA** ♎
**SEPT 23-OCT 23**
Act as if the eyes of the world are upon you. Most likely they are. There is no better time to make a good impression on people in positions of power.

**SCORPIO** ♏
**OCT 24-NOV 22**
No matter how much certain things may annoy you, either at home or at work, you must keep your thoughts to yourself for the time being.

**SAGITTARIUS** ♐
**NOV 23-DEC 21**
The right time to deal with an important business or money matter is now. Investments and property issues are under especially good stars at the moment.

**CAPRICORN** ♑
**DEC 22-JAN 20**
Partnership issues will come to the fore, but that's nothing to be worried about. Be honest about what you expect from a relationship and it'll work out.

**AQUARIUS** ♒
**JAN 21-FEB 18**
You have been wasting too much time and too much energy on things of no importance. Find ways to streamline your chores.

**PISCES** ♓
**FEB 19-MARCH 20**
Start doing what you want to do and do less of what other people want you to do. What you want most, of course, is more excitement in your life.

## This day in history

1749: Halifax is founded.
1919: The Royal Canadian Mounted Police fire a volley into a crowd of unemployed war veterans, killing two, during the Winnipeg General Strike.
1940: The first successful west-to-east navigation of Northwest Passage begins at Vancouver.
1948: Columbia Records introduces the long-playing record album in a public demonstration at the Waldorf-Astoria Hotel in New York City.
1957: Ellen Louks Fairclough is sworn in as Canada's first woman Cabinet Minister.

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